



Fruit harvest
in the suburbs

Pages 20-21



Great dining at
smart prices

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Demystifying Tibet

Many works are devoted to Tibet's mystique – its beautiful scenery, exotic customs and wise lamas – but few explore ordinary life. Sun Shuyun went to live in Gyantse, Tibet's third largest town, for 18 months. Her stay resulted in a five-episode documentary focusing on the majority of Tibetans. By recording their lives over four seasons, Sun hopes to leave a record for future researchers.

Learn more about Sun's documentary on Pages 12-13



Photo by Sun Shuyun

School trains
hackers as
security experts

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Workers kill
manager who
cut their jobs

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HK cafe
owner emails
music, love

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Agents reveal
the makings
of a concert

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Relaxation treatments to be regulated, have standards

By Wang Dong

Creating nationwide standards for foot and body massage and spas, is the new task of the National Technical Committee on Health Care Service Standardization formed last Sunday.

Whatever standards the committee creates are expected to take effect next year; businesses which fail to adhere to the standards will have their licenses suspended, said Liu Ling, the secretary-general of the committee.

There are 600,000 such businesses and related industries in China, which together employ 30 million people and generate 200 billion yuan in revenue each year.

"The relaxation industry is a mess," said Liu. "At least half the people working are unqualified, and the government does nothing to supervise them."

She said many customers are injured in massages gone wrong, or are infected with beriberi or other skin diseases. Many massage parlors engage in sex trade on the side, which is something



Future massagists are trained in Beijing. After a decade of growth, the relaxation sector which has long flirted with the sex trade badly needs regulation.

CFP Photo

Liu said should not be allowed in the market.

The new standard will require a skill evaluation for all massagists and certification that they have been trained in massage.

"We are actually looking forward to it (the standard)," said Wang Fengsheng, manager of a

Liangzi Foot Massage, a local chain. He said the standards should force many of the shadier establishments to close up, which means more business for his chain.

Liangzi recruits its massagists from its own training schools in Xinxiang, Henan Province, and

Huairou District. Newcomers must train for a year before they are allowed to perform massage. During this time they learn basic skills, train and eventually serve an internship, Wang said.

Every massagist is certified by the Ministry of Labor and Social Security based on his or her ability, Wang said.

"We are not just trained. We have to study this professionally," said a massagist surnamed Duan, who works at the Aixinzhiqiang blind massage center. He and his colleagues studied massage for three years in a school for the disabled. "Anyone can open a massage parlor if he has enough *guanxi* with the industrial and commercial bureau. These standards have been needed for a long time."

A paper issued by the State Council late this April aims to promote the development of relaxation services based on traditional Chinese medicine. The council said the government should arrange and encourage the establishment of service standards.

Incinerator parks to relieve trash burden

By Ma Mingxuan

Four circular ecological parks over 6 square kilometers will be built in suburbs to aid in refuse disposal. The capital's waste disposal system has reached its maximum capacity, making the location of new dumping grounds urgent.

Beijing was first besieged by trash in 1983, but the city today faces an even bigger problem: Urban refuse sanitary landfills, such as the Liulitun landfill in Haidian District, will close within four years.

Last time, it cost 2 billion yuan to haul out and dispose of waste outside the city. Since the city has seen an exponential increase in its garbage output, the closure of the landfills presents a major urban problem.

The four parks, according to Beijing Municipal Administration Commission, will be able to dispose over 7,000 tons of refuse daily by incineration and comprehensive disposal methods. The current landfills can handle only 2,000 tons a day.

The parks are expected to adopt side industries like agriculture to boost local employment and maintain the environment. Construction is scheduled to be completed by the end of the year, and the parks will be able to dispose of refuse for at least half a century.

Comprehensive refuse disposal, followed by incineration, is proven much better than burial. Wang Weiping, senior engineer in Beijing Municipal Administration Commission, said incineration technology in China is equal to that used by the European Union, and more than 10 cities, including Beijing, Shanghai and Tianjin, have been using incineration technology for several years.

Although the ratio of incineration to composting to burial is 2:8:90, that could become 4:3:3 by 2015 as incineration becomes more popular and daily refuse output contracts.

Refuse disposal was only named as a "public welfare" service this April. "Refuse disposal is part of public welfare because it relates to everybody, and we want the municipal government to take responsibility and encourage everyone to help," Wang said.

He said the profit-making problems of waste disposal facilities are also seen in private companies, but industrialization is essential to accelerate waste disposal.

Second-tier cities more attractive to Chinese labor



The French-owned Carrefour has been quite successful in expanding into the second-tier cities. The chain has opened dozens of hypermarkets and has attracted and absorbed many workers.

CFP Photo

By Jin Zhu

Many workers say that opportunities, better pay and a better environment are making them consider a switch to one of China's second-tier cities, according to the first Cross-city Talent Migration Survey by Manpower, an employment service provider.

The survey interviewed 1,070 people: 30 percent of respondents said they had relocated for work before, and 32 percent of these people said they had moved to the big city from a second-tier city.

Over 47 percent of respondents said they would consider relocating for work in the next two years if there are good oppor-

tunities, and 36 percent said they were willing to relocate to a second-tier city.

According to the survey, six of the most preferred locations were Hangzhou, Suzhou, Nanjing, Chengdu, Dalian and Wuxi.

"The Chinese economy developed steadily despite the global financial crisis. Many multinationals continue to invest in the mainland market with impregnable faith. Rising operational costs and fierce competition are forcing them to look to emerging cities, and the talent is following," Jennifer Sun, regional director of North China in Manpower, said.

The Business Climate Survey by the American Chamber of Commerce released in March also showed that 60 percent of its members had expanded into second- and third-tier cities.

But before expanding businesses into second-tier cities, multinationals should remember they need qualified workers, Sun said.

More than half of the respondents were concerned with employment opportunities, long-term career development and pay when preparing for relocation, according to the survey.

Another point to consider is homesickness when recruiting

people for the big city. "The survey showed that one of the top worries for employees who leave their town is homesickness. People whose hometown is where the multinational wants to go are the best choice," she said.

On the other hand, the local governments in many second-tier cities have actively promoted expansion.

"When they started the High-Tech Industry Development Zone in Xi'an, officials from the committee organized 30 enterprises to recruit employees from Shanghai and Hangzhou. The results were fabulous," Sun said.

Ministry looks into black lung case

By Feng Qian

The Ministry of Health has dispatched a team to inspect the case of a migrant worker who underwent a biopsy in Zhengzhou, Henan Province. The initial diagnosis by local health authorities denied him free treatment and compensation for lung disease.

"The inspectors will assist the local health authority in making a second diagnosis," said Cheng Peipei, a ministry spokesman. Such task forces are usually sent to push officials at the local administration to compromise in cases of work-related illness.

Zhang Haichao, 28, a native of the province, had a biopsy of his lung tissue at a local hospital in late June. The doctors diagnosed him with pneumoconiosis, a condition caused when extreme amounts of hazardous dust like asbestos become lodged in the lungs, *China Daily* reported.

The government-designated Zhengzhou Occupational Disease Prevention and Treatment Center said he had both black lung disease and tuberculosis, which disqualified him from free treatment or compensation, the paper reported.

"I'm willing to have a second biopsy to prove my condition," Zhang said. He developed a chronic cough and breathing difficulties in late 2007, after three years of work at a factory making fireproof materials. "Three of my



Zhang Haichao studies his X-ray and worries about his future.

Photos by Xi Meijuan

colleagues have developed the same condition, so I hope we all can be compensated," he said.

"Tissue testing during a biopsy is more accurate than other tests," the hospital said.

The director of the Zheng-

zhou Occupational Disease Prevention and Treatment Center, who refused to be named, told *China Daily* yesterday that they welcomed the ministry's team and would assist with its work.

However, he insisted the hos-



Zhang Haichao shows his biopsy incision.

pital's diagnosis was "correct, and the decision appropriate."

Pneumoconiosis is a very common condition developed by Chinese workers, especially young workers, the Ministry of Health said.

It usually afflicts people working in dusty environments, and can be fatal without proper treatment. In serious cases, a patient may require permanent care and may never be able to return to work.

Under Chinese law, those who suffer from occupational disease are entitled to compensation and employers assist in their treatment. Workers exposed to such hazards are entitled to subsidies.

Experts attribute the high incidence of pneumoconiosis to employers' ignorance of health risks. In some places, the local government fails to supervise working conditions and migrant workers pay little attention to their own health.

Banks halt credit card issue to college students

By Chen Zao

A commercial bank in Beijing revived the debate over issuing credit cards to college students when it sued 210 debtors, a quarter of whom were students. The students fled from their debt after graduation.

Banks began issuing credit cards to students from stalls on college campuses in 2005. The banks championed student card ownership saying it could raise credit awareness.

Students who applied were usually given a free gift. Card requirements at the time were loose, and most students could obtain a credit even without having a job.

Once armed with a card, many students had a hard time curbing their spending. They shopped without thinking of how to pay back their bills and ignored the bank's phone calls and letters when their debt was past due. Some students took out a second card to pay off their first, beginning a vicious cycle.

"When I couldn't repay my debt, I opened another card. Now both cards are overdraft," Wang Xiaolu, the junior at Capital Normal University, said. "I regret having opened these cards, but I don't dare tell my parents. All I can do is try to repay my debt after I graduate and find a job, but my credit record is already ruined."

Other students fled from their debts. Lu Shan, a senior at Beijing Union University, said she maxed out several cards. At first she just paid the minimum monthly payment, but after opening three cards with different banks she chose to hide. "I will change my cell phone number after I graduate so they can't contact me anymore," Lu said.

Banks are reeling from the debts incurred by college students. Their lists of debtors read like a class index. Unable to recoup their losses, many have ceased issuing credit cards to students.

Xiao Ma, an employee in China Merchants Bank's credit card services center, said the bank's "youth card" was what it had been issuing to students; the card was discontinued around winter vacation. Students only needed copies of their student ID and national ID cards to qualify for a card with a 3,000-yuan credit line.

Zhao Yue, the personal finance manager of the Shanghai Pudong Development Bank also said their bank discontinued the cards three years ago because of debt recovery problems.

Week as "magic city" ends with awards

By Ma Mingxuan

Today is the last day for Beijing's role as this year's magic city. Since Sunday, top magicians from all over the world have been competing at the 24th FISM World Championships of Magic, held at the China National Conference Center.

More than 2,400 magicians from 66 countries participated in the conference, and 100 took to the stage to compete. Lectures given by masters such as Jeff Macbride and Juan Tamariz have been held throughout the event. The top magicians will be awarded today.

This year was the first time the championship was held in a developing country. Magicians from the West won great applause with their originality and humor. Some of the better acts involved flying, frying eggs on ones forehead and using magic to repair a damaged car.

The Japanese and Korean magicians led spectators into a world of fantasy with their stage settings and fantastic skills, and Chinese magicians incorporated local elements like Peking Opera,

tai chi and porcelain.

Despite cultural and language barriers, timeless and international magic props like cars bridged the gap in many shows. Hernan Maccagno, a professional magician from Argentina who speaks little English, performed outside a Spanish-speaking country for the first time at this year's awards. But after a "silent show" of card tricks on Tuesday night, he said they were the perfect tool with which to express himself on stage.

Several world-famous magicians, like Mac King, Henry Evans, Eun Geoyl Lee and Fujimaya Shintaro, were invited to perform each night.

Jorgos, a senior Greek magician, created another version of himself from the bottle. After the impressive show, spectators quarreled fiercely about whether Jorgos had an identical twin. He attributed the idea for the trick to Greek philosophy and a bout of curiosity one night when he was looking in the mirror.

"I looked myself in the mirror and thought, what if I come

closer and closer? Will there be another reflection? That was when I thought of creating a person in a bottle, like the genie in Aladdin," he said.

The lectures by world masters were highly attended by eager magicians. Juan Tamariz shared a few secret skills for card tricks. Tamariz combines psychological tricks with his magic and considers the eye, ear, hand, body and feet the five most important points in magic.

Tamariz's wife is also a famous magician, and the two sometimes perform together on stage.

Eric Eswin, chairman of International Federation of Magic Societies (FISM), said this year attracted an obviously higher class of competitors than last year.

"Chinese magic has special features and is rich with local influence. It doesn't just follow the styles of Western stage magic," Li Ning, a Beijing magician and conference participant, said. Li said Chinese magic has developed rapidly with the economy and the country's international status, though it is



The show renewed interest in magic, which peaked during this year's CCTV Spring Festival Gala.

CFP Photo

still catching up.

From August 1 to 8, the Beijing Exhibition Center will host Supreme Magic, a show put on by this championship's award winners.

"Hacker school" trains next security experts

By Jin Zhu

Hackbase.com, an online website for teaching Internet security technology, is considered one of the top three schools for training hackers in China.

But the site is trying to change its image with a new professional training institution for "Internet security," which opened last month after Hackbase received an infusion of 10 million yuan in venture capital.

Its sister sites stand at a crossroads: How will they go about teaching Internet security without instigating online crime?

Training industry

Monday to Friday evenings, Hackbase.com runs hour-long online training sessions. Students need to pay to listen to the stream. And pay they do – as many as 1,500 students are connecting each night.

Hackbase, founded six years ago, started as a forum for Internet technology lovers, was originally supported by a small membership fee. But its activity has exploded in the last three years, and there are now more than a million members.

"Many people like me don't have a good education or a wealthy family to fall back on. But we still dream of becoming rich men. Learning Internet technology is a good to achieve that," Ximengna, an 18-year-old who views the classes, said.

Anyone can start learning, regardless of their educational background, work experience or English skills. All it takes is a few hundred yuan to subscribe.

The Hackbase Computer Engineer courses teach students system installation and maintenance, Trojan virus analysis, firewalls and code protection, data recovery and how to attack and defend on the Internet.

Wang Xianbing, a security consultant for the website, said that after training, most people with a little experience can find a job as a network administrator.

The classes also attract people who want to learn about the basic technologies needed to protect their own systems, Wang said.

"When Hong Kong's infamous Sexy Photo Gate (when compromising photos of starlets were stolen from actor Edison Chen's computer and distributed online) happened, many students came to the class interested in protecting themselves," he said.

Nowadays, as the Internet develops rapidly, the shortage of security is worsening.

"The market is big. Beida Jade Bird APTECH, a famous IT training institution, earns 2 billion yuan every year. According to a conservative estimate on market share, training in Internet security filled 15 to 20 percent of the market and is worth 300 million to 400 million yuan per year," he said.

Last month, Wang secured 10 million yuan of venture capital for Hackbase to start a new series of



In the last three years, a million members have registered to learn "hacker technology" from Hackbase. CFP Photos



After training, most people can find work as a network administrator.

on-site training classes.

"There is a five- to 10-year gap between the number of professionals and the number of positions. That is why even a website can get venture capital," he said.

Sullied image

Wang was one of the top hackers among the first generation many years ago. To him, contemporary hackers are only chasing money. A generation ago, it was about curiosity and a love of technology.

"That is the reason that 'hacker' is almost a synonym for Internet criminal, which is miles away from the 'swordsmen' image created by the first generation," Wang said. The word for hacker, *heike*, once conjured up images of the romanti-

cized Chinese swordsman, or *xiake*.

He insisted that the class not be called as hacker school. The school teaches its millions of registered members the basic technologies until they achieve the rank of novice. But that is where the website's supervision ends.

"It's like teaching lock picking. No one can guarantee the student will become a professional locksmith rather than a future thief. It depends on whether the individual can maintain his integrity in the face of temptation," he said.

According to statistics from Hackbase.com, most of the new members seen since 2007 are fans of online games.

"Online games have been pop-

ular in China since 2002, and they have millions of players. However, interest in a new game rarely lasts more than three years. When people lose interest, learning to be hackers and earning money from the online games end up their next logical choice," Wang said.

Besides pillaging personal accounts, many hackers are seeking bigger profits by attacking key game servers or stealing intelligence for the highest bidder.

"A new game comes out every day in China. Almost every online game website has faced a hacker attack. But no company wants to make that kind of news public – it could drive away players who believe in their system's security," Ximengna said.

But faced with a determined hacker, most companies have only two options: hire someone better and more expensive, or compromise and pay off the hacker.

Few can really master the highest levels of attacking and defending. About 90 percent of the students give up, since the technology is so hard to learn. Most only master the most basic level, Huang Chengqing, deputy secretary of Internet Society of China, said.

"Most attacks are coming from average hackers working with older technology, yet companies are still at a serious disadvantage in Internet security," he said.

Better future

How to deal with the govern-

ment remains a tough topic for the industry.

Although there are no proven cases of students using their lessons to sack systems, the website still runs a risk of being deemed an Internet crime training camp.

"With sufficient venture capital, we can make out training sessions more organized and professional. We want to be a special training

institution for Internet security engineers instead of a school for the next criminal hacker," Wang said.

Wang said national legislation has yet to catch up with the Internet age, and there are no laws limiting the research and study of hacker

techniques. The legality hinges on course design. "The course should use experimental settings. They have to learn how to attack a website before they can learn how to defend it," he said.

He hopes the training industry can cooperate with the government to increase mutual understanding, Huang Chengqing said.

380ohk.com, another famous training website, is engaged in cooperation with the government to monitor and control all the Internet cafes in Henan Province.

"Although it is a free system, the website can also still turn a profit through product placement," he said.

"Both for the industry itself and the officials, it is time to see the importance of this industry and see that it develops properly," Huang said.

"When people lose interest, learning to be hackers and earning money from the online games end up their next logical choice"

Stir over Aussie film festival

Politics comes before lights, camera, action

Event

Chinese films quit festival

Five films from the Chinese world, including one made in Taiwan, were withdrawn from this year's Melbourne International Film Festival in protest of the inclusion of a documentary about Rebiya Kadeer – the leader of the World Uyghur Congress.

Kadeer appears in the 55-minute documentary *The 10 Conditions of Love* by Australian filmmaker Jeff Daniels, which will be screened August 8 in a program called States of Dissent. The festival runs through August 9.

Kadeer has been invited to Melbourne as a festival guest. Australian senator Bob Brown will attend the film's premiere.

One of the Chinese films withdrawn was *Perfect Life*, produced by leading contemporary filmmaker Jia Zhangke. Another was *Miao Miao*, a Taiwanese film directed by Cheng Hsiao-tse.

The Taiwanese film was pulled out by its producers, Wong and Stanley Kwan, leading filmmakers themselves, who own Hong Kong production company Jet Tone Films.

Two other Hong Kong-produced films have been withdrawn – *Petition*, directed by Zhao Liang, then its planned replacement, *Claustrophobia*, directed by Ivy Ho.

Jia, who won the Golden Lion award at the 2006 Venice Film Festival for *Still Life* – which he submitted in defiance of Chinese film officials – said “the political overtone of this year's Melbourne festival is getting more and more intense.”

Jia said he “decided to withdraw of our own will. We received no instruction or even a hint from the government. When we read the festival program, we realized it has become a place not to talk purely about films, and this naturally diminished our enthusiasm to participate. We feel that appearing with Rebiya in a thoroughly politicized festival crosses the bottom line of what we can accept.”

British director withdraws film

British director Ken Loach also withdrew his film from the festival to protest its acceptance of Israeli funding.

Loach pulled out *Looking for Eric*, scheduled to screen yesterday, after the festival turned down his request to refuse money from the Israeli Embassy.

The embassy is sponsoring Israeli-born filmmaker Tatia Rosenthal, who will visit the festival to answer questions about her Annie Award-winning feature \$9.99, an Australian-Israeli production.

Loach wrote to Moore, saying he was not protesting Israeli films or filmmakers, but objected to Israel's “illegal occupation of Palestinian land, destruction of homes and livelihoods.”

But Moore's response was that the festival will not bow to “blackmail.”

A documentary on the exiled Uyghur Rebiya Kadeer was not one of the headlining events at the ongoing Melbourne International Film Festival. But thanks to the film, the festival has made headlines around the world. Some suggest the controversy has been great publicity for the event.



Jia Zhangke quit the Aussie film festival last week, saying “the political overtone of this year's Melbourne festival is getting more and more intense.”

CFP Photo

Expert view

Politics in films



Melbourne filmmaker Jeff Daniels with his documentary about Uyghur activist Rebiya Kadeer (shown on screen).

Photo provided by The Age

While most of us think of film festivals as cultural events, the truth is that they are also deeply political events.

For the most part, the links between politics and film go unnoticed. Part of the reason is that most of us are not privy to the behind-the-scenes dealings that go into making a

film. What we do see is usually filtered through an interview with the director, or perhaps, in the case of a film festival, a question-and-answer session with the filmmakers.

In these sessions, the film appears as the product of an individual visionary. This view of filmmaking is about as real-

istic as the standard Hollywood happy ending. The reality is that films are rarely, if ever, the personal, unadulterated vision of a director. They are influenced or, depending on your point of view, compromised from the start by those who bankroll the films.

While many of us are familiar with the commercial pressures to modify films – to include product placement, to cast a particular actor in the lead, to alter the ending to appeal to a particular market segment and so on – what gets far less attention is the extensive role played by political figures in the filmmaking process.

The role of political figures, and the state in particular, in the film industry is enormous. And in spite of nice-sounding claims about facilitating cultural dialogue, states don't fund films because they love a good story. They do so because film can be a highly effective means of spreading influence.

Since they're footing the bill, it's understandable they want a say in the content of the film and how it is positioned.

– Christopher Scanlon, *The Age*, Australia

Sidelights

Hacker attacks website

The website of the Melbourne International Film Festival is back to normal after hackers posted a Chinese flag on the site in protest to the planned attendance of Rebiya Kadeer.

The attack came after Chinese films pulled out of the event.

Earlier this month, Foreign Ministry spokesman Qin Gang criticized the screening of Kadeer's bio *The 10 Conditions of Love* and her scheduled appearance, saying: “Everyone knows the kind of person Rebiya is. We are firmly opposed to any country providing her with a stage for her anti-China separatist activities.”

Festival spokeswoman Louise Heseltine said a hacker put a Chinese flag on the website last Saturday and left English messages demanding festival organizers apologize to all Chinese people for including Kadeer in the program.

The website host discovered hundreds of other attempts to hack into it, Heseltine said.

The hacker sent an email in which he denied any link to the government, saying he was motivated by anger at the planned screening of the Kadeer documentary.

Film directors supported at home

Leading Chinese film directors yesterday voiced support for Jia Zhangke and Zhang Liang who quit the 58th Melbourne International Film Festival.

Feng Xiaogang, a household-name film director in the country, told Xinhua Thursday that film festivals should be a platform for cultural and artistic exchanges. “However, the Melbourne film festival organizers have turned it into a political drama by inviting Rebiya Kadeer, a political liar,” he said.

Director Yang Yanzhou said he was proud of the directors' decision. “I believe any Chinese director would do the same in a similar position,” he said.

Stanley Tong, a well-known Hong Kong director, said he was shocked by the news because it was “extremely inappropriate” for a film festival to play a documentary about a “terrorist.” “If it were me, I would quit too,” he said.

Chen Jialin, chairman of the Chinese TV Drama Directors' Working Committee, said Chinese directors should make anti-terrorism documentaries besides expressing pure anger and regret toward the Australian film festival. “We should take more action to reveal the crimes of separatists like Rebiya Kadeer,” he said.

On Internet portal 163.com, news of the withdrawals attracted more than 4,000 comments. Almost all of the posts voiced support for the two directors.

(Agencies)

Boss killed by workers in clash

The risks of taking state-owned companies private



Workers clashed last Friday, killing their manager to vent frustrations over job cuts.

Photo provided by Liaoshen Evening News

By Huang Daohen

The greatest challenge for any private company is to take over a state-owned counterpart.

The private sector was reminded of this sad truth again last Friday, when an attempted restructuring of a state steel company in Jilin Province led to a workers' riot. The workers beat their executive to death when they learned about proposed job cuts.

The slaying was another embarrassment in the privatization of state-owned enterprises.

Tonggang event

Workers clash

In a dispute over who would own and operate the Jilin steel maker Tonghua Iron & Steel Group (Tonggang), Chen Guojun, the newly appointed general manager, was beaten to death by Tonggang workers on July 24.

Chen was sent by the private Beijing Jianlong Heavy Industry Group (Jianlong) to take over the state-owned group.

A day earlier, Jianlong and Tonggang's owner, the State-owned Assets Supervision and Administration Commission (SASAC) of Jilin Province, reached a restructuring agreement that declared Jianlong would assume control of Tonggang.

Jianlong previously attempted a takeover, but backed off at the start of the year when Tonggang's performance dropped. When Tonggang rebounded from its losses, Jianlong resumed its quest for control.

The move was not welcomed by Tonggang workers.

The financial crisis, which began last year, directly aggravated the conflict. Local media said the average salary for a Tonggang worker had fallen to 300 yuan per month since the recession.

The clash began when workers learned Chen had come to slash 25,000 jobs at the factory of 30,000.

Last Friday morning, 1,000 workers gathered at Tonghua's factory demanding Chen come out, Xinhua reported. They refused Chen's orders to return to work, and began pummeling him with their boots, eventually pushing him from a second-floor window, the report said.

Workers blockaded his office,



Chen Guojun

preventing emergency medical staff from reaching Chen. He died at 11 pm, the report said.

A Jianlong official, who refused to state his name, confirmed Chen's death and status as an employee. He refused to give further details.

Takeover halted

On Monday, the Jilin provincial government ordered Beijing-based Jianlong to abandon its buyout.

The order, which came over Jilin's television, also required Jianlong to never again take part in any restructuring of Tonggang.

Jianlong had been Tonggang's second-largest shareholder since 2005, according to its Web site. In 1999, Jianlong began to acquire steelmaking, shipbuilding and machinery businesses. The company ranked 158th in a 2008 list of China's 500-largest companies, with 40.79 billion yuan in sales.

Tonghua produces 7 million tons of steel a year. It ranks at 244th on the same list and posted a profit of 42.8 million yuan in June.

Calls to the company's head office in Changchun went unanswered.

Analyst

Merger policy

Managing the country's rapid transformation from a backward socialist-style economy to the world's third largest has been a major challenge for the government. Official policy is to promote mergers and acquisitions in industries burdened with old technology and a surplus of workers.

Takeovers involve constructing modern plants and slashing workers from the payrolls of state-owned firms, while promoting highly paid executives trained in capitalist finance, Wen Yijun, an industrial analyst with Oriental Securities, said.

The steel sector recently

came into the cross-hairs of privatization, Wen said.

China is the world's top producer and consumer of steel, but it has too many rusting plants. The government needs to consolidate firms into big enterprises capable of challenging multinationals, Wen said.

But workers have resisted the selling of state-owned assets to private individuals. Few are willing to see their lucrative bonus packages go, Wang said.

In Tonghua and Jianlong's case, there was bad blood from the start.

Reuters reported that Jian-

long's local unit secured a minority stake in Tonghua in 2005 in return for a cash infusion, during a restructuring of local state-owned metallurgical firms.

That takeover generated a lot of ill feeling, as did news that Chen earned 3 million yuan last year while Tonghua retirees received 200 yuan per month.

Jianlong pulled out of Tonghua after the global financial crisis buffeted steel markets late last year.

But after markets started to recover and Tonghua posted a profit, Jianlong decided to buy back in — this time with a 65 percent controlling stake.

Background

Private companies' dilemma

Private firms have become one of the driving forces behind rapid economic growth during the past decades, but a number of institutional problems must be addressed to further their development, Zhao Xiao, an economics professor at a local university, said.

The lack of a legal framework to protect private firms and match official policy is most problematic, he said.

In traditional Marxist ideology, private firms are equated with capitalism. In the past, private firms were subjected to various restrictions, if not totally forbidden.

The situation has improved since the government began an economic policy of opening up in the late 1970s, but the policy has yet to be codified in law.

Insufficient protection has held back many entrepreneurs who would otherwise reinvest

奉行 通钢理念 推进 二次创业 建设 强盛通钢



Tonggang workers face an uncertain future. CPF Photos

and expand their businesses, Zhao said.

Private firms are also blocked from entering a number of business fields open only to state-owned companies, Zhao said.

Even in areas where private

firms are allowed to enter, they face discrimination and protectionism. Private firms must accept hard-to-swallow terms regarding technology, personnel and financing to get government approval to enter a market.

In the steel sector, entrepreneurs must make inroads by buying ailing state-owned groups, he said.

Furthermore, restrictions on financing also hinder private sector development.

The four major state-owned banks continue to dominate Chinese banking, and their lending goes almost exclusively to state-owned companies, making it difficult for private firms to raise enough money to conduct business, Zhao said.

Zhao said the government should work quickly to grant equal treatment to the country's private firms.

Is country's one-child policy heading for a revision?

Shanghai urges 'two-child policy'

Is the world's most populous nation about to get more crowded? Reports surfaced in international media last week that Shanghai was encouraging some couples to have more offspring.

Shanghai officials have since denied any policy shift, saying this caveat is nothing new. But the contradictory reports are another manifestation of ongoing rumors that the country is rethinking its controversial one-child policy.



A mother, father and their young son in Shanghai: the city is now encouraging couples to have a second child.

IC Photos

Two-child policy

Officials in Shanghai are urging parents to have a second child, the first time in decades the government has pushed for more babies.

A public information campaign began to highlight exemptions to the country's one-child policy. Couples who were both only children, which include most of the city's newlyweds, are allowed a second child.

The move comes as the country's most populous city becomes richer and older, with the number of retired residents soaring.

"Shanghai's over-60 population already exceeds 3 million, or 21.6 percent of registered residents," said Zhang Meixin, the spokesman for the city's Municipal

Population and Family Planning Commission.

Leaflet campaign

Zhang said the current average number of children born to a woman over her lifetime is less than one. "If all couples have children according to the policy, it would definitely help relieve pressure in the long term," he said.

Decades of a strictly enforced one-child policy has produced new burdens across the population and prompted exceptions in some family categories. Rural parents are also allowed to have a second child if the first-born is a girl.

In Shanghai, family planning officials and volunteers make home visits and slip leaf-

lets under doors to encourage couples to have a second child if both grew up as only children. Emotional and financial counseling will also be provided, officials said.

By 2020, more than a third of Shanghai residents are expected to be 60 or older.

Policy relaxed

According to the US-based Center for Strategic and International Studies, by 2050 China will have just 1.6 working-age adults to support each retired person, compared to 7.7 in 1975.

China Daily quoted one salesman who said he was happy about the change in attitude. "I'm not sure, but such a policy really gives us one

more option. If family finances permit, I want to have two kids with my wife in the future," said 25-year-old Xiao Wang, an office employee.

Others were less enthusiastic. "I don't think we will have a second kid," 26-year-old Xiao Chen, an office worker, said. "After all, it is stressful work raising a child."

Couples who ignore the country's birth control policies are fined and may face discrimination at work.

The birth control policy has been hugely controversial at home and abroad. It has also been blamed for a gender imbalance, as a traditional preference for boys has persuaded some parents to abort female fetuses.

(Agencies)



Nurses and parents massage newborn babies at Xining Children Hospital in Qinghai Province.

One-child policy

– Written into the constitution in 1978

– Government says it has prevented 400 million births

– Many rural couples allowed second child if first is female

– Parents who are themselves only children can have two children

– Ethnic minority couples allowed two or more children

Comment

Glad to see the new policy

I am glad to see this development. The current policy has led to parents having to make a terrible decision over the years regarding "unwanted" pregnancies and baby girls. Remember the documentaries about girls in orphanages being left to die? That was heartbreaking and I for one think a few more people on this earth is worth it.

– Cheryl Collins, visiting scholar

Promoting an old policy

The policy is not a new policy. It has always been part of the country's family planning policy. In the past, this was pointless because the only-child generation had not yet reached childbearing age. As a result, some people were unaware of the policy. The government is not implementing a new policy, but rather just promoting a policy that has always been there.

– Rui Lee, IT engineer

Immigration helps

As Shanghai becomes more and more developed, it is following in the footsteps of Hong Kong and Japan, the two places in the world with the lowest birth rates. To different extents, this is happening around the world – in East Asia, Europe, the US – as per capita income increases. The change in lifestyle and family values makes having kids take a backseat. This may not cause too many problems for Shanghai or Hong Kong as these places are open to immigration and people from lower income places continue to go there for work opportunities.

– Roberto Chen, editor, Xinhua New Agency (By Huang Daohen)

Analyst

Chinese and foreign experts have been saying for some time that China needs to change its strict family planning rules. If the country continues as it is, the proportion of elderly people

will continue to increase. This is a problem, because it will leave a smaller group of workers paying for the country's retired population.

But central government offi-

cials have consistently ruled out changing the national family planning policy. They believe that China has too many people – an opinion shared by almost everyone in the country. That

has left individual cities, such as Shanghai, to think up ways to cope with their own aging communities.

– Micky Bristow, BBC News

Wall art cheers up young hospital patients

Photo by Li Zhixin



Young artists from France and Portugal are painting Beijing Children's Hospital to create a better environment for the kids.

Photo by Wang Zhenlong

By Venus Lee

Six artists from Swiss Paint a Smile Foundation transformed a corner of the Beijing Children's Hospital into a wonderland with their paintbrushes.

On the 7th floor of the hospital's First Aid Center, the once plain white walls have become a zoo. Colorful images of monkeys, rabbits, turtles, birds, horses, beetles and hippos adorn the wall. There is also a pretty mermaid amid all the animals.

"Children usually become anxious when they come to hospitals, so what we did was to create visuals to reduce their anxiety," said Dorothee Reynaud, 32, a French artist. "This makes hospitals more cheerful and friendly by turning a cold and impersonal environment into a colorful and welcoming world."

The young patients at Beijing Children's Hospital were clearly excited about the art. "My granddaughter has been asking to go out of the ward to see the paintings. Children are very interested in bright and sweet colors and the lovely figures. They become more energetic after they see these beautiful things," Wang Dongrui, an elderly man, said.

Li Ran, a 6-year-old

girl, stared at the wall in wonder. "I know some of the fairytales in the painting. As soon as I see cartoon figures, I associate them with interesting stories. I love these animals, they are lovely and funny."

The head of the team of artists, Clement Chabert, said his group plans to paint three more floors: the Cardiology Center on the 7th, the Cardiac Surgery Center on the 8th and the Operating Room on the 9th. The artists have different designs for each floor and they expect the work to take another three months.

"The plan on the 7th floor is fairy tales, the painting on the 8th floor will be of dragons and the theme on the 9th floor is nature which includes contains bamboos and colorful birds," Chabert, 32, said.

He said that before his team got to work, the members created sketches of their design, which Paint and Smile foundation and the Beijing Children's Hospital first had to approve.

"We spent a week drawing up sketches before we started painting last Tuesday, because we had to make sure the painting fit the environment," he said. "Our mission is to take account of both the medi-

cal staff and the children's needs and constraints, and then create a cheerful and colorful world."

The team usually works with themes like music, local tradition, travel and nature, and the designs are created with the help of Paint a Smile's child psychologists, Chabert said. "It is important that we paint as if with one paintbrush, to create a harmonious and therapeutic environment."

Four of the six artists are from France; two are from Portugal. Their hours are similar to office workers': Monday to Friday, from 8 am to 5 pm. They get weekends off.

"Our work is enriching and fulfilling despite the challenging environment. When you really throw yourself into a project, the children benefit and the team becomes better and more creative," said Jorge Barros, 47, one of the artists from Portugal.

Although children in the hospital seldom talk to them because of the language barrier, the artists have grown fond of their little fans. "Chinese children are so timid. They just keep looking at us from a distance, but I think our smiles and paintings are the best way to communicate with them," he said.

Foreign volunteers help Dongcheng PSB

By Feng Qian

The Dongcheng Public Security Bureau (PSB) called a special meeting of foreign volunteers Tuesday to help them inform other foreigners about city policies.

"We chose them by speaking to them directly or through community officials. If the foreigner was willing, outgoing and enthusiastic, he was given the opportunity," Cheng Ping, a Dongcheng PSB official, said.

"I believe this plan can help us promote communication and understanding with foreigners," he said.

The volunteers also know clearly the significance of their task.

"When foreigners encounter problems, sometimes they don't know who to approach and what to do. But now they can ask me. If I also don't know, then I can ask the police liaison," said Adam Smith, a native of Britain, who is studying in Beijing.

"I'm happy to have been chosen

because this work is meaningful. I will try my best to inform my friends and other foreigners about the policies," he said.

Smith said one obstacle to the campaign is that foreigners are scattered all over the vast city. "It will take time for volunteers to reach various expat groups and communities," he said.

Being a volunteer has made Frenchwoman Emily Miller more familiar with the law. "There are differences between the French and Chinese law, such as we do not need a visa to travel around Europe. But to enter China, we need one. When the visa expires, we're not sure how to renew it," she said.

"But now that I'm a volunteer, I know more about the rules and can tell my friends and other foreigners who need help," she said.

"Although the law is new to me, volunteers don't need to learn all the details. We only need to familiarize ourselves with information pertinent to our daily lives."



The expats are helping local police in their work and communication.

CFP Photo

Two Chinese-made warships for Pakistan commissioned

By Zhang Dongya

The chief of staff of Pakistan's navy, Admiral Noman Bashir, visited Shanghai to witness the commissioning of Islamabad's first Chinese-made warships.

The two F-22P frigates, equipped with modern weaponry and sensors, are expected not only to enhance the capability of the Pakistan navy, but also to strengthen China's domestic ship-building industry.

The deal marks the first purchase of a major fighting unit from

China, which breaks the monopoly on such military hardware by Western countries.

Bashir said the warships commissioning marked a big step forward in the relationship between China and the Pakistani navy. "They will contribute to the security of the Indian Ocean," he said.

The Pakistani navy head said the Indian Ocean, which lies south of Pakistan, is a crucial maritime passageway. "It connects the East with the West, so it is for all the countries in the world to use, and

our navy should help maintain its stability," he said. "For the security of the ocean, no single country can do it all, and cooperation is better."

Bashir also spoke about the numerous challenges facing the Pakistani navy. "The most important security challenges are piracy, terrorism and extremism," as well as "illegal activities at sea."

He said Chinese battle weaponry will help enhance the Pakistani navy's capability. "We regard the Chinese military industry as

top-quality, and we see its technology as outstanding. For the stability of the Indian Ocean, we look forward to greater joint efforts between China and Pakistan."

Four state-of-the-art frigates of the F-22P type were ordered by the Pakistani navy from China in 2005. The first two ships are completed and will be delivered to Islamabad in August and December this year. The construction of the other two have begun, and the deal is expected to be completed by 2013.



Admiral Noman Bashir, chief of staff of the Pakistan navy

Photo provided by the Embassy of Pakistan

By Zhao Hongyi

The Australia China Alumni Association (ACAA) launched the Australia China Alumni Awards with a call for nominations at the Australian Embassy on Tuesday.

Australian Ambassador Geoff Raby said he hopes the awards, to be given to those who once studied in Australia for 12 or more months and who now work and live in China no matter their country of origin, would strengthen ties between his country and China, in which "education is an important part."

"The awards are an opportunity to celebrate the diverse successes of individual alumni, the friendship between Australia and China and the contributions alumni make to the relationship," Raby said in a speech during the affair.

The awards, with the embassy and the Certified Public Accountants Australia as lead sponsors, are specially aimed at Chinese citizens who have spent at least 12 months studying in Australian universities or conducting projects. The panel of judges is looking for people who have made brilliant achievements in their career in China, said Edward Smith, a member of ACAA.

Seven awards will be given, including Alumni of the Year and Young Alumni Award. Win-

Australia launches alumni awards to promote education and business



Jain Watt, counsellor of education (second from right) and Edward Smith of ACAA (second from left) with their sponsors at the awards launching.

Photo by Zhao Hongyi

ners will be chosen by representatives from the Australian Embassy and Australian business and academic groups.

ACAA plans to hold next year's awards ceremony in the Australian pavilion at the World Expo in Shanghai. "We are confident the awards will continue hereafter and become bigger and better," Smith said.

Around 200,000 Chinese students have studied in Australia since the late 1970s, of which 150,000 have returned to China and have taken posts in government, scientific fields and business. Alumni include the president of Nokia China, the mayor of Qingdao, the chief operating officer of Intime Department Store

Group, the chairman of Suntech and the chairman of Shimao Property Group.

Nominations for the awards will close September 30, and the results will be announced in November. Nominations should be made on AustChinaAlumni.org, where people may nominate themselves.

Category of awards and their sponsors

- Alumni of the Year
- Certified Public Accountants (CPA) Australia
- Young Alumni Award (under age 35)
- Australian Education International
- Award for Entrepreneurship
- Australian Trade Commission (Austrade)
- Award for Development
- Australian Agency for Int'l Development (AusAID)
- Award for Banking and Finance
- Australia and New Zealand Banking Corporation
- Award for Research and Innovation
- Australia China Alumni Association (ACAA)
- Award for Culture and the Arts
- Australia China Alumni Association (ACAA)

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Sharing music and love at the Upper Room



Zhao Bingheng singing at his Upper Room Cafe

Photo provided by Upper Room Cafe

By Zhang Dongya

At around 4 or 5 am every Thursday, 3,000 to 4,000 people in Canada, Japan, Singapore, Hong Kong and the Chinese mainland receive an email from Zhao Bingheng about the following day's party at his cafe named the Upper Room.

Zhao, 43, an advertising executive from Hong Kong, has been sending the weekly letter for six years, ever since he started the business.

He started the mailing list as a convenient and inexpensive way to promote Upper Room Cafe, the first Hong Kong-style dessert shop in town.

The two-story building tucked inside a *hutong* is decorated like home, with toys and photos scattered everywhere. Its top floor or "upper room" is where Zhao holds concerts and receives guests of up to 60 people.

Near the stage is the kitchen

and dining hall. Across is a secluded area with a table and couch.

In his weekly emails, Zhao never fails to move people with a story. Sometimes he talks about "big" things such as life and love; other times, almost mundane matters such what happened on his way home from work.

He says it takes him days to come up with a theme for the contents of his email, and hours to put it together. Last year, he published more than 80 of his old letters in a book called *Letters to Friday*.

"People from places like Harbin or Guangzhou, also abroad, come to Upper Room every time they are in Beijing, and they've joined the mailing list. Though they can't visit every week, I still want to share my stories with them," Zhao said.

During the cafe's early years, Zhao only held concerts on Friday evenings; now, there is also one on Saturday evenings. Zhao has been joined on stage by other people,

most of whom are Hong Kong natives like him.

Later, music majors and others who could play a musical instrument like the guitar, violin or flute signed up as guest performers.

One of Zhao's performance partners is a guitarist named An Ruqiang, who is fond of folk music. The two have sung side by side for two years and on Fridays bring nostalgic and country songs to the house.

On Saturdays, An teams up with another guitarist, Meng Jinghui, who prefers pop songs and the latest hits.

Hong Kong people pack the cafe on Friday nights, when Zhao entertains them over dinner with Cantonese songs. The audience ends up singing with Zhao songs from their childhood, which cloaks the place in an air of nostalgia.

Every Monday, Wednesday and Saturday morning, An and Meng give singing classes and guitar lessons. "These are not the

cafe's peak hours. Some customers eat while watching others learn how to play," Zhao said.

Zhao also holds events at the cafe to raise money for Beijing orphanages like Living Tree, which helps children with cerebral palsy, and Bethel, a training center for visually impaired orphans. He donates to them his profits on Christmas Day and Easter, as well as money he has made from his book.

Nobody, including Zhao himself, expected the weekly concert and email to survive six years. For many years, Upper Room was a losing business venture. But Zhao persisted because for him it was more than a shop. "Love and sharing, that's why I persevered for years," he said.

Upper Room Cafe

Where: Jia 6, Guanghuali, Chaoyang District

Open: Monday to Saturday, 11 am - 11:30 pm

Tel: 6506 8324

Event

Tickets to Milan and Lazio match up for grabs

By Annie Wei

Soccer fans in town are expected to flock to Piazza Italia on August 8 to watch the broadcast of a match at the Bird's Nest between Italian giants Inter Milan and Lazio.

This is the first time the Supercoppa Italiano (Italian Super Cup), which marks the start of the Italian football season, will be held in China. The match coincides with the first anniversary of the opening of the Beijing Olympics.

Piazza Italia restaurant will be the teams' base and the center of activities. The players, team officials, VIPs and media will gather there for a series of briefings and celebrations.

Not all the floors will be open to public while the teams are in town.

From August 1 to 7, fans might be able to catch their favorite football players when they attend events on the third floor, said Stacey Choe, the restaurant's event organizer.

From August 1 to 8, diners who spend at least 50 yuan in a single receipt will get a chance to participate in the daily draw for a free ticket to the match. The raffle continues through August 16: winners will receive jerseys and footballs signed by the players.

Piazza Italia

Where: Building 18, China Central Place, 89 Jianguo Lu, Chaoyang District

When: 10 am - 10 pm
Tel: 5828 7728

Beijing Brit-pop band holds concert for fans with leukemia

By Wang Yu

Fans of Beijing brit-pop band Super VC love summer since the group holds their longest performance of the year in the hottest season. But its concert this year was markedly different as it melded music with charity.

The performance at Yugongyishan on Tuesday aimed to raise money for Xia Zhewei, Yang Mingzhi and Cao Mengyuan, children diagnosed with leukemia. Although ticket prices were steep at 100 yuan, and the show was held on the worst day of the week for live performances, more than 300 people showed up.

It was not until two months ago that Super VC heard of their three fans' stories on the Internet. The children first heard the band's songs on TV in a Beijing hospital where they were being treated, and were immediately captivated by the melodies.

At an International Chil-

dren's Day's party organized by doctors, 13-year-old Yang Mingzhi sang Super VC's "Gentleman on the Beach." Yang, a native of Hunnan Province, quit school so he could seek medical help here to battle cancer.

News of the hospital party broke in a local newspaper, which other fans posted on Super VC's page on douban.com. It was no different from other media reports about the band until it caught the attention of the group's lead singer Sun Lingsheng.

The four members have since visited the children twice. "I almost cried while we were singing to them for the first time and all the kids in the room gathered around us in celebration. After that, we decided to hold this charity concert to ask young people for help. That was the right thing and maybe the only thing we could do as a band," Sun said after the concert.

That night, the band bowled



Beijing brit-pop band Super VC is raising funds for children with leukemia.

Photo by Duan Xu

over the audience with hits from their three albums. From the moment the show started at 9 pm, the audience's cheers and the artists' energy never wavered. The female fans' favorite, bassist Zhen Yang, lived up to his "lunatic" style by imitating Michael Jackson's dance moves for "Billie Jean."

Sun performed a sentimental solo, "Whisper," to create a moment of calm, like he always does at concerts.

In the middle of the show, one of the patients, 10-year-old Xia Zhewei, got up on stage. Although he wore a mask required of all leukemia victims, his joy at the music

and the caring shone in his eyes.

The performance raised 30,000 yuan, including money from the sale of three bicycles donated by fans. "This is only a start as we plan to do more similar events. These kids really moved me and taught me the value of music beyond art and business," Sun said.



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Life on the roof of the

By He Jianwei

Tibet is a mysterious and misunderstood land. Few know what happens here. One Chinese director lived in its third largest town for 18 months and produced a five-episode TV documentary last year.

Her piece aired three times on BBC, where it received high praise from the British mainstream media, including *The Times*, *The Guardian* and *The Daily Telegraph*. The film "objectively records the real life of people who live in the most contentious remote area," *The Guardian* wrote.

Since this Monday, it has been broadcast on CCTV and will soon air on Phoenix Satellite Television and other Chinese provincial channels.

Located southwest of Lhasa in the fertile plain of the Nyang Chu Valley, Gyantse, the third largest town in Tibet, is an agriculture town 4,000 meters above sea level.

Sun Shuyun's *A Year in Tibet* tells the life stories of eight ordinary Tibetans born on the fertile plain. The series follows a shaman and his family, a woman cadre, a village doctor, a hotel manager, a builder, a poor rickshaw driver, an old lama and a young lama at a Gyantse monastery.

The eight stories are explained in five episodes from summer to spring. Winter runs for two episodes, to capture the feeling of Gyantse's six-month freeze.

Sun studied Tibetan at Oxford University in 1986 and has visited Tibet many times. A visit in 2005 spurred her decision to make a documentary about modern Tibet.

She saw tremendous changes on the road from Lhasa to Gyantse. Many modern buildings shot out of the plateau, and the once bumpy mountain roads were replaced by asphalt. "It took seven to eight hours to go from Lhasa to Gyantse a few years ago, but now it only takes four to five hours," she said.

A bigger change was visible in the passengers on the bus. She used to listen to passengers chanting sutras while turning their prayer wheels: This time, they vegetated as the bus's television screens beamed scenes of Indian belly dancers and Hong Kong kung fu flicks.

"Although I was not sure I could do justice to the history of Tibet, I could record the Tibetan people's life in four seasons and show the changes in their life as an anthropologist," she said.

Gyantse was the obvious choice for filming, because the once sleepy town is a microcosm of Tibet. People who have never been to the region picture the plateau as an endless sea of cattle herders: In reality, 80 percent of the Tibetan people are farmers.

The three main roads of Gyantse all taper off to farmland as they cut a path to ancient villages. "Villages, monasteries and towns form Tibet," she said.

Deciding who to film was tough. "There are too many books devoted to beautiful scenery, exotic customs, mysterious history and the wisdom of lamas. I wanted to see the ordinary Tibetans," she said.

The lama was the first character she thought to record. In Tibetan Buddhism, sutras are transmitted from teachers to students. She found an old lama and his 11-year-old student.

Tsephun is the youngest monk at the Pel Kor monastery. He was 12 when he became a novice. Today, he is 15 and lives and works with his master, Dondrup, a 77-year-old lama. They share a single room at the monastery, and their relationship – while close – is hardly easy.

Tsephun helps his master with the day-to-day tasks of cleaning. In return, Dondrup teaches him sutras and scriptures, which are essential knowledge for any future lama.

During the filming, Tsephun changed from a cooperative and caring little boy to a rebellious teenager. His relationship with Dondrup deteriorated so badly that Dondrup asked the deputy head lama to expel the boy.

For Tsephun and his family,

expulsion would be the ultimate disgrace. Finally, Tsephun is sent to another master.

Most Tibetan people live in villages. In the village, the shaman plays a very influential role: He is in charge of arranging weddings and funerals, and of fortune telling when people build a house or a road or do business.

The second episode shows how the shaman is marginalized in modern times. Autumn is the harvest season in southern Tibet. In the past, when Dundan worried about his crops being flattened by hailstones, he would ask his brother Tsedon, a local shaman, to attempt divine intervention. Today, the local government has installed cloud dispersing guns that have put Tsedon out of work.

The shaman is also the doctor, who is equipped with everything needed to help a patient – except science. In Tangmai Village, Lhamo became a local doctor after she graduated from high school. While the village relies on her, she is totally unable to manage difficult and complicated diseases.

Lhamo cannot cure her own crippling stomach pains, and suspects they are the result of bad karma in a previous life. She searches for a cure in her faith.

Sun also turns her camera to the residents. Like many cities in China, the top industry in Gyantse is real estate. Rincheu, a local builder in a nearby town, struggles to find workers during the harvest season to complete his first government construction contract.

Rincheu attends classes to get certified in construction, but he fails the exams because he cannot read Chinese. At the end of the film, he finally succeeds in applying for a language exemption.

Tourism is one of the main legs propping up Tibet's economy. Sun meets a hotel owner, Jianzang, who was a doctor in Gyantse People's Hospital, the city's best. When Qinghai-Tibet Railway started construction in 2000, he resigned and opened the city's first family hotel, now *Lonely Planet's* first choice.

The most impressive character is the local rickshaw driver Lhakpa, who struggles to earn money as winter draws near. He tries a scheme to buy and sell puppies, but the puppies die after he takes them home.

Meanwhile, his 5-year old nephew Ozer is rushed into hospital with a life-threatening heart condition, which plunges the family further into debt.

The documentary ends at the Saka Dawa Festival, which begins on the First Day of the Fourth Month on the Tibetan Calendar and lasts one month, is celebrated by Tibetan Buddhists to commemorate the Buddha's birth, enlightenment and death.

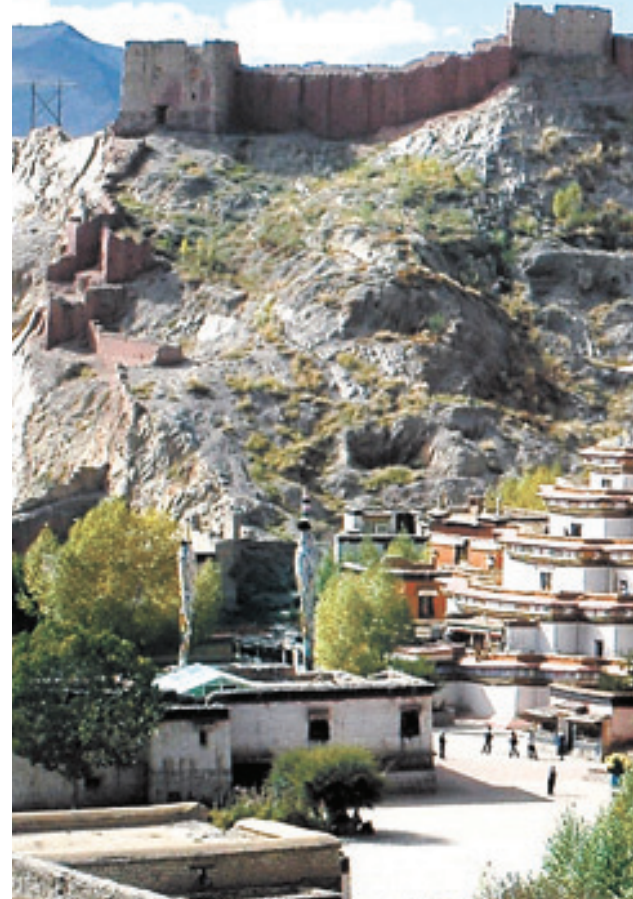
"It is the beginning of spring and also the beginning of a new future for the Tibetan people," Sun said.

She hopes to leave data for future researchers, because today's changes will be tomorrow's history. "No matter how we explain the changes – the progress in civilization or the distinction of traditional culture – the changes never cease," she said.

"Although I was not sure I could do justice to the history of Tibet, I could record the Tibetan people's life in four seasons and show the changes in their life as an anthropologist."

"No matter how we explain the changes – the progress in civilization or the distinction of traditional culture – the changes never cease."

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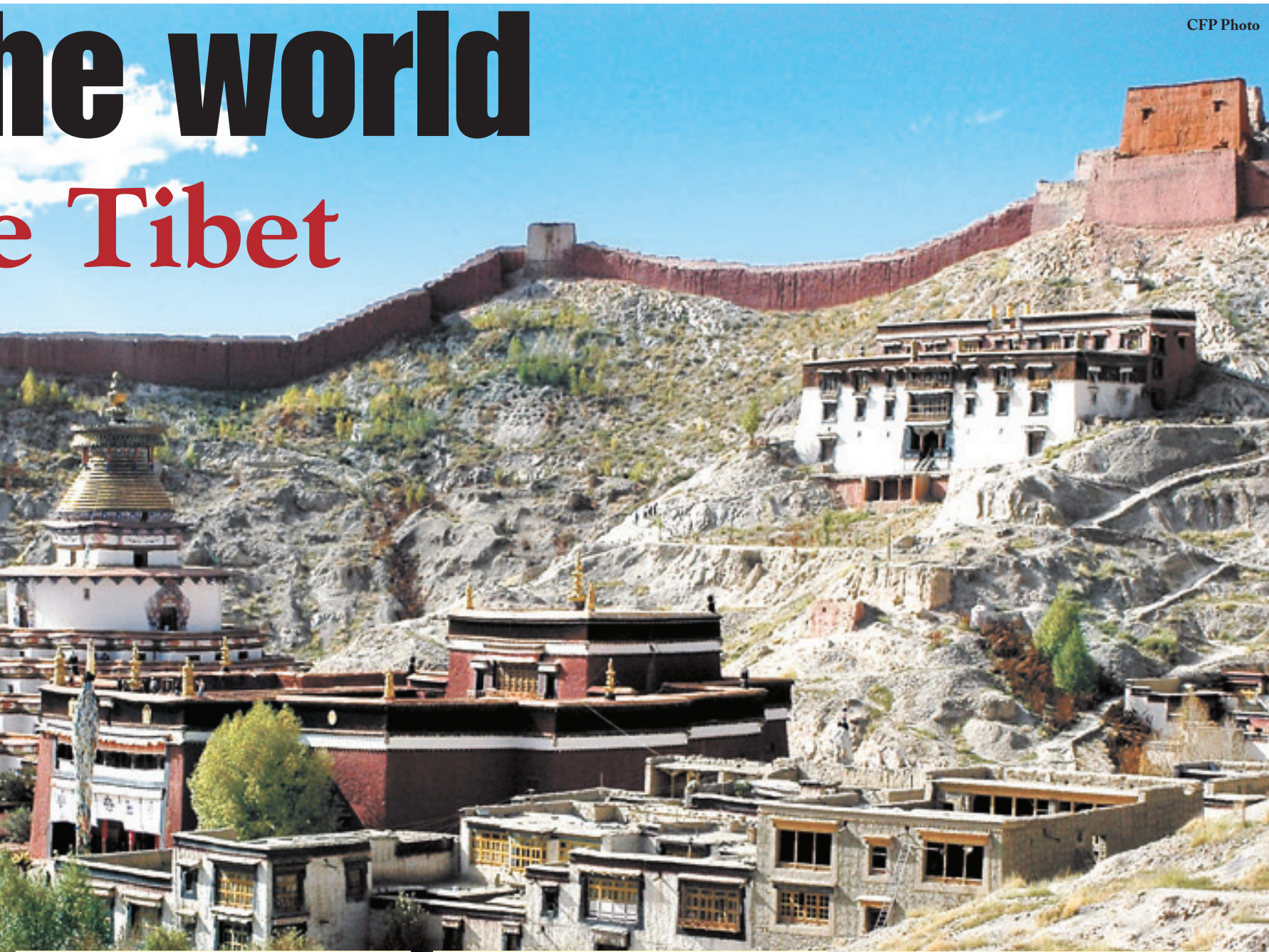
1. Dondrup, a 77-year-old lama, is strict with his pupil.
2. Ozer, nephew of the rickshaw driver, has a congenital heart condition.
3. Tsultrim is deputy head lama of the Pel Kor monastery.
4. Butri, a woman cadre, gets an unpleasant surprise as she learns her husband is leaving.
5. Tsephun is the youngest monk at the Pel Kor monastery.
6. Rincheu, a local builder, cannot read Chinese, but still gets the job.
7. Lhamo, a local doctor, searches her faith for a cure.
8. Tsedon, a local shaman, is marginalized in modern times.
9. Jianzang's family hotel is Lonely Planet's first choice.
10. Lhakpa, a poor rickshaw driver, struggles to earn money.

Photo

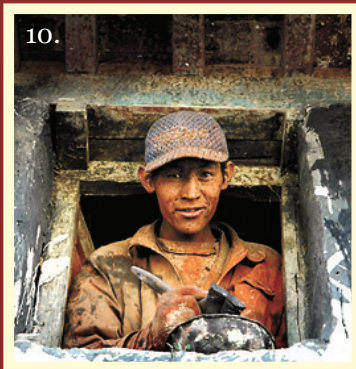
the world

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CFP Photo



Center stage



heart disease.
he approaches retirement.
ets his contract.
ey for his ailing nephew.
os provided by Sun Shuyun

About Sun Shuyun

Sun Shuyun is a Chinese writer and director. She was born in the 1960s, graduated from Peking University and attended Oxford on a scholarship. Her books include *Ten Thousand Miles Without a Cloud* (256pp, HarperPerennial, \$29.95), *The Long March* (304pp, Anchor, \$14.95) and *A Year in Tibet* (242pp, HarperCollins Publishers, \$25.89).



Editor: He Jianwei Designer: Deng Ning

BEIJING TODAY

The legend of the 'bad' Cosmo Girl

By Charles Zhu

Helen Gurley Brown, former editor of *Cosmopolitan* for more than 30 years, championed feminism in her own way. Now Jennifer Scanlon, a women's studies professor at Bowdoin College, Maine, eulogizes her in *Bad Girls Go Everywhere: The Life of Helen Gurley Brown* (270pp, Oxford University Press, \$27.95) as an exceptional woman warrior for the cause of sexual freedom and sees a place for her in the pantheon of mid-20th-century feminists.

Brown, who married at 37, has since the 1960s stressed the importance of work in women's lives. She rejected the idea of motherhood and held that women should delay or forgo marriage, firmly stood for the sovereignty of women over their body and always believed that there were few negatives in a woman's life that could not be reversed with an optimistic spirit. She advocated that sex is not only great fun, but also a "powerful weapon" for single women.

Inspired by her husband David Brown, a twice-divorced film producer, she wrote her bestselling advice book *Sex and the Single Girl* in 1962, the same year as *The Golden Notebook* by British Nobel Prize-winning author Doris Lessing and considered a staple of the feminist movement.

Despite the title, her book was not about sex. According to Scanlon, some of the best parts of Brown's book, such as those about contraception, abortion and lesbianism, were cut by her male editors. Nevertheless, her no-nonsense, bright voice captivated her audience. It encouraged self-dependence, self-

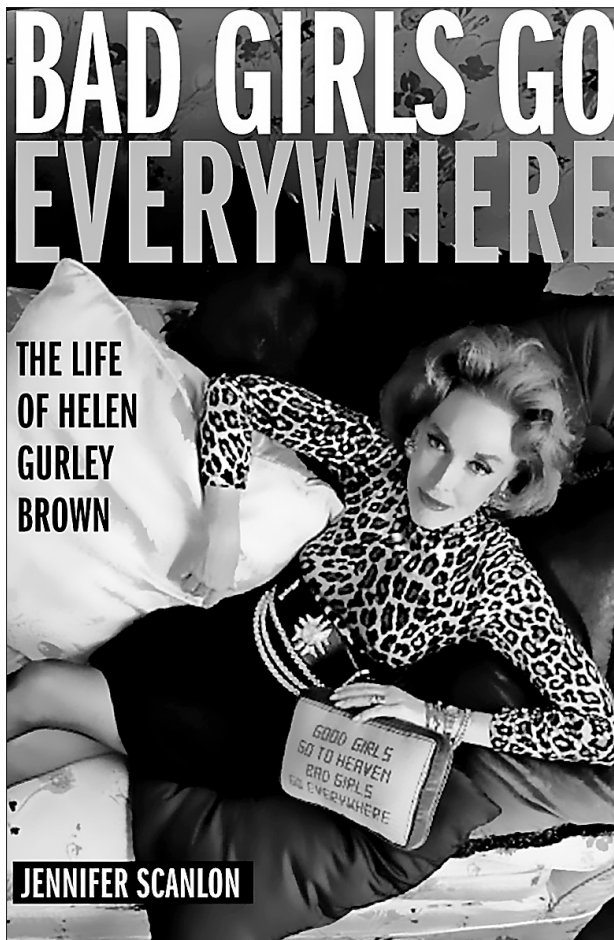
sufficiency and ambition. She believed that careers might give women some glamour. The book was a guide for building a meaningful life for women as well as for entertaining, dieting and choosing clothes and makeup.

Brown was born in 1922 in Green Forest, Arkansas, a remote and isolated town in the Ozark Mountains. Her father died when she was 10 and the family was left poor. She escaped only briefly the dreariness of Arkansas when her mother moved the family to Los Angeles. When the family returned to the Ozark Mountains, Brown tried to skip college and went to work as a secretary during the mid-1940s. She steered her way to success in what she saw as a chauvinistic society.

Despite not being a great beauty, she slept with some of her bosses and dated men, including the son of an oil tycoon. However, she knew the truth of the game and counseled other women: "You can't sleep your way to the top or even to the middle, and there is no such thing as a free lunch. You have to do it yourself, so you might as well get started."

She was direct about sex, writing, "You inherited your proclivity for it. It isn't some random piece of mischief you dreamed up because you're a bad, wicked girl." Her rustic background infused her with a fire to pioneer the American women's movement and speak for the fears and inspirations of America's working class women.

Scanlon compared Brown with Friedan, the author of *The Feminine Mystique* and a graduate of the prestigious Smith College. She says that Friedan,



unlike Brown, was simply "not one of the women she purported to speak for."

As Brown ages, she is still as provocative as she used to be. In her book of 1993, *Late Show*, she writes, welcoming a man

"just seems more womanly to me than baking chocolate chip cookies or doling out money for a grandchild's tuition."

Helen Gurley Brown, the true alter ego of the *Cosmo Girl*, retired from editorship in 1997.

Time to revamp marriage

By He Jianwei

"An unhappy marriage means problems for a family," Hsu Chang-te, a Taiwanese love lyricist, said last Sunday at Hanfenglou Bookstore while meeting with his Beijing readers.

Hsu has written the lyrics to 1,300 love songs and has been married over 20 years, but he urges readers not to follow in his mistake in *100 Reminds for Love* (302pp, Nanfang Press, 25 yuan).

"There are too many advantages in being unmarried. First, you are independent. Secondly, you dress up every day to keep your charm in front of your partner. Thirdly, you have a better life, since it gives you time to study, socialize and travel," he said.

He said parents seldom discuss the problems inherent in marriage with their children or

warn them before getting married. "Parents have almost 20 or 30 years of marriage experience and know how many problems arise, yet they still force their children into marriage without warning," he said.

Hsu's book tells readers the responsibilities they must bear in marriage. "I don't think you are responsible if you never think about marriage. On the contrary, you are probably a troublemaker," he said.

It is also an unequal institution that is always unequal. Hsu said every husband faces more pressure after marriage. "He must support the family and cannot have too poor a job. He must devote time to his wife and children, but still needs time and space for himself," he said.

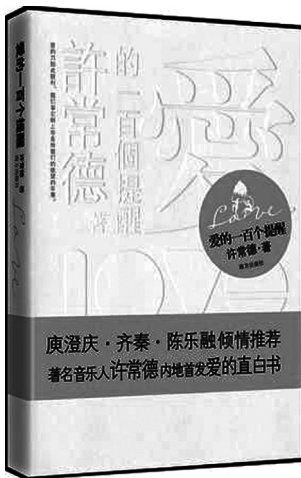
The marriage system means more responsibility and pressure than pleasure. He does not

agree with the current marriage system, in which couples tolerate each other and do not solve their problems. "Society discriminates against divorced people, and many believe divorce frustrates a person's future. Because of social pressure, many couples don't divorce," he said.

He hopes his book brings home the reality of one old adage: Marriage is a family affair. "[It] is a matter that involves many people, not only you and your spouse," he said.

While he expects criticism, especially from traditionalists who believe marriage is the cornerstone of society, Hsu said social ills are more linked to the divorce rate than the marriage rate.

"I just hope everyone can approach current social norms with a healthy doubt," he said.



CNPIEC Bookstore book listing

The China National Publication Import and Export Corporation's (CNPIEC) bookstore recommends these new arrivals to *Beijing Today* readers.



One Fifth Avenue

By Candace Bushnell, 608pp, Voice, 65 yuan

This is a modern comedy of manners. Its observations about money, the Internet, the function of art in society, sex romps, social climbing and snobbery enhance Bushnell's reputation as an astute observer of modern life.



Simply Irresistible

By Rachel Gibson, 400pp, Avon, 65 yuan

Georgeanne Howard, charm school graduate and Southern belle extraordinaire, leaves her fiancée at the altar when she realizes she cannot marry a man old enough to be her grandfather. Even for all his money, John Kowalsky unknowingly helps her escape, and only when it is too late does he realize that he has absconded with his boss's bride. At the height of his hockey career, he is not looking to be anybody's savior but his own, no matter how beautiful this angel may be. But a long night stretches ahead of them—a night too sultry to resist temptation.



The A-list #9: Beautiful Stranger: An A-list novel

By Zoey Dean, 304pp, Poppy, 80 yuan

Anna decides to take an end-of-summer trip to get away from her drama-filled LA life. She packs her Louis Vuitton bag, grabs her close friend Sam and heads to the Big Apple. Between trips to the Met and shopping at Bendel's, the girls are living the A-list life on Anna's home turf. But their trip is not exactly a vacation. Sam is here to spy on Eduardo and decode his recent strange behavior.

(By He Jianwei)

Backstage with the agents

Where live acts are born

By Wang Yu

Tired of being a passive music fan and letting the live concerts determine your weekend? Step up to the challenge and become a live agent to give your favorite artists a show.

Becoming a live promoter in Beijing does not have to stay a dream. Young music lovers have been working behind the scenes for many years already, bringing new talent and foreign artists to the stage. These managers have helped artists left outside the mainstream find new listeners.

Many quit their former jobs, often good ones, to run a relatively risky business because foreign acts are rarely profitable.

Photo by Song Nannan

Fan Yiqiang is promoting an upcoming concert for a native rock group and Handsome Furs, a US band touring China. His live label, Very Live, is organizing the event in cooperation with Split Works, another live agency in Shanghai.

"Once the contract between the company and the band is done, then I can move ahead with getting local media coverage and putting out info about the concert," Fan says.

Born in 1981, the 28-year-old promoter left college his second year to find work in the capital as a graphic designer. In 2003, Fan entered the China Performing Arts Agency, one of China's biggest entertainment companies which organized a variety of concerts and other events. He led its design team to build Piaowutong.com, now the essential tool for booking all event tickets.

"However, I found that being a vision director was boring. You just tell everyone some buzz words and let them take care of the specifics. That's why I quit," Fan says.

And so began Veryrock.net. His site started as a simple rock BBS. As a longtime rock music fan, Fan built the website as a space where he and other people with similar tastes could communicate with each other. In May 2008, he organized his first live concert for the local band ZIYO.

"I liked ZIYO's music, but the band did not have any shows. So I thought 'Whatever, I'll make one,'" he says.

He organized several shows before tackling hip-hop group In3's appearance at the MAO Live House last November. The event set a new venue record: 600 people inside and 200 left waiting

for a seat.

Fan never intended for his hobby to become a career. Most local music fans are eager to see their longtime favorite foreign artists in Beijing and he is no exception.

As a sub label of Very Rock, Very Live has acted as a "third cooperator" with Beijing Gehua Cultural Development Group and

Unlike the big companies, which choose artists in from a long list after numerous board room meetings and negotiations, independent agents play it by ear.

Live Nation when bringing Kanye West and Kylie Minogue to Beijing last year. The entertainment giants picked Fan because of his experience and background in public relations.

Canadian promoter Jon Campbell, founder of YGTtwo, has a similar story. His label has introduced many foreign artists to Beijing's club scene. Campbell used to be the Bars and Clubs editor at *the Beijinger*, and before that he worked for a similar division at another bilingual magazine. Such resources have helped these agents to nab the best club dates and media coverage.

Every Live has organized more than 50 concerts, 30 of which it organized solo. However, unlike the big companies, which choose artists in from a long list after numerous board room meetings and negotiations, independent agents play it by ear.

"I only want to work with 'good bands,' which – I know – is a very subjective term. It comes down to this: Do I like them? Can I see others liking them? I don't think that there's anything particular about what makes a band appeal to a Chinese audience," Campbell says.

Most of the time Campbell is called on by the artist, sometimes a friend. Other times his name is passed along by a previous act. But Fan is more proactive and spends his time combing MySpace to discover the next big show.

Organizing a tour for unknown artists requires a much smaller budget, which is good news for independent agents short on capital. Sometimes the musicians are even eligible for finan-

cial support from their home country, as in the case of acts from Scandinavian countries.

"I have already funneled everything I had when I quit my job into this. But when I look back, I can say I did something real for the scene, and that's enough," Fan says.

Compared with Shanghai, another major stop for live acts, Beijing is more open to smaller names. But local listeners are not fools, and they learned quickly that being from overseas says nothing about the quality of a band. The rise in ticket prices has also made many think twice before shelling out their hard-earned yuan.

Once upon a time, live houses were joked about for having only four listeners under the stage. "I think it was due to the incompetence of the promoters. They had no idea how to use the Internet, papers or magazines," Fan says. For his gigs, Fan prefers to cooperate with

mainstream media outlets rather than rock magazines and websites.

"If the band is right, people who like their sound will certainly come. Breaking out of a niche is harder – that is when you have to bring in the people who don't usually go to concerts," Fan says.

But there is no denying the importance of fame. Many concert-goers are very sensitive to a band's fame: who they played with, where they played at and how many awards they won.

But familiarity can trump that kind of thinking. Fan uses social networking websites like Douban.com to give people a preview of the band's sound in the run up to a concert.

Audiences are fickle. Last year, a good theme and a gimmick were enough to pack a show. That does not work anymore. "Certainly a show needs the whole package – a good band, good lighting, good sound, a good opening act – the whole production has to be good. But a Tuesday night will never pack a house the way you can on a Saturday night," Campbell says.

Even if a concert is scheduled for the right day of the week, other events in town can be a drain on attendance. "Tonight, Manchester United is playing in Hangzhou at the same time as ZIYO. The football match is going to pull away a lot of the fans," Fan says.

Live entertainment remains a rough road, especially with the government's strict examinations of all gigs. But to outsiders, China's live concert and music scene is still developing fast, which means more opportunities for companies and artists. Gulou and other haunts of local musicians are crawling with talent eager to join a local band.



Fan Yiqiang's good relationship with the local media and musicians has helped him with each production.

Photo by Xing Zhipen

Clothes to go with the coffee, please

By Annie Wei

With fashion boutiques all over town filled with items sourced from Dahongmen or the zoo wholesale market, shoppers have become jaded about finding anything distinctive.

Retailers need to be more inventive, not least because this is such a competitive market. Some shops have gotten the message and are trying creative ways to woo customers.

Small businesses have to be especially clever; their merchandise is limited, so their creativity needs to be expressed in their products' design and their shop's marketing strategy.

House is a shining example. Tucked in a quiet hutong next to chaotic Di'anmen Avenue, it is a fashion boutique and coffee shop under one roof.

It is designed like a house as its name suggests. One room contains clothes and fashion accessories; on the rack are seasonal attire like silk dresses and belts. There are also high-heeled shoes, hats, leather bracelets and silver earrings.

Many of these goods, including the table lamps, were purchased by the shop owner during her travels overseas, the salespeople said.

House's other room is a cafe with two small sofas, two chairs and a bookshelf. This is a cozy place to pause in between shopping or to read a book over a cup of Starbucks-bean coffee (18 yuan), Vietnamese coffee (14 yuan) or a beer or soft drink (5 yuan each). Outside are more seats shaded by a beach umbrella.

From the first look, it is obvious House's owner has given the place a lot of loving renovation and decoration. The bathroom is spacious and has a pretty crystal wall lamp.

House tries to be distinctive by offering customers a welcome twist to their shopping and coffee experience.

House

Where: 69 Fangzhuanchang Hutong, Ding'anmen Wai Dajie, Dongcheng District
Open: 11 am – 8 pm
Tel: 8401 5256



Silk dress, 200 yuan

Photo by Yu Tingmei

Your hair tattles your age

By Annie Wei

Recent research conducted by L'Oreal says it is possible for onlookers to accurately gauge a person's age just by looking at her hair's texture and shine. Therefore, it seems to be worth spending on hair care products the same amount of money you would on facial care products. After all, what is the point of wearing perfect makeup and stylish clothes when your hair looks miserable?

If you are nodding your head at this, you may want to check out Kiehl's and Phyto products. The two brands, with counters at Shin Kong Plaza, sell quality shampoos and conditioners.

Kiehl's, a well-known US cosmetic company, entered the Beijing market only three weeks ago. It has an extensive product line ranging from skin care to fragrance. Besides its star products – lip balms and toners – its shampoos are also popular, including the amino acid shampoo (180 yuan for 250 milliliters). Phyto, a Paris-based company,

specializes in products for hair problems such as oily scalp, dandruff and thinning hair. But quality does not come cheap; most of its shampoos costs 210 yuan for 200 milliliters.

Since Phyto products are largely made from herbal extracts and essential oil, the company uses glass or aluminum bottle packaging to preserve the quality of the contents.

The price of Kiehl's and Phyto products are tenfold that of local brands, but many users overseas swear by their effectiveness in keeping the scalp and hair healthy. To save money in these hard economic times, you can try ordering the products from Taobao.com. The price of Kiehl's shampoos online is almost the same as that at Shin Kong, but Phyto's can be had for half the cost.

Kiehl's and Phyto

Where: 1/F Shin Kong Plaza, 87 Jianguo Lu (beside China Central Place apartments), Chaoyang District

Open: 10 am – 10 pm
Tel: 6530 5888



Kiehl's first counter opened at Shin Kong Plaza.



Phyto shampoo, 210 yuan
Photos by Yu Tingmei



Body toning and smoothening options

By Annie Wei

A healthy body is the result of exercise, a balanced diet and a clean lifestyle. But most young professionals think this is impossible to attain in the real world; there is too much pressure at work, it is fun to party from dusk to dawn, and life is happier with a mouth full of junk food.

In this environment and with this mindset, it is no wonder spas and cosmetic products have become so popular. Comfort Zone, a new spa and massage place in Sanlitun, offers overworked, over-partied and overfed people some relief.

As an introductory offer, a 40-minute treatment costs 240 yuan, half its regular price.

For belly toning and smoothening, Comfort Zone recommends Body Strategist + Remodeller serum (1,060 for 500 milliliters). The treatment involves applying the liquid on the belly, then wrapping the area in a plastic sheet for 25 minutes.

When the wrap is removed, other products will be applied on your belly in the hopes of making it firmer and smoother. Honestly, 240 yuan can get you a better massage in many spas in town.

People who want to reduce the "orange peel" on their body can just purchase a cream and apply it daily after their shower. A Comfort Zone therapist cautioned that the product should not be massaged on the surface, since it has a very strong formulation. Just apply a thin film, then leave it for the skin to absorb.

Comfort Zone's best seller is its anti-aging D-age cream series. These products do not come cheap either. The skin defender costs 960 yuan for 50 milliliters; the recover cream is 770 yuan for 50 milliliters; the firming anti-aging body cream is 1,060 yuan for 500 milliliters; and the active pureness mask is 1,060 yuan for 250 milliliters.

The spa also does facials and body massage.

Comfort Zone

Where: S4-2-2, The Village, 39 Sanlitun Lu, Chaoyang District
When: 10 am – 9:30 pm
Tel: 6415 9878



Body Strategist + Remodeller serum (1,060 yuan for 500 milliliters)

Photos by Yu Tingmei

Snug place for a milk tea

By Chen Zao

Tutu is a small coffee shop hidden deep in Mao'er Hutong, opposite the Di'anmen Department Store. It's a small house with a garden, and is named after the owner's cat.

Tutu looks like someone's living room, with comfortable sofas the same color as its crepe curtains. There is a section with small tables where costumers can play games or solve puzzles like Rubik's cubes.

Ye Qiong, Tutu's owner, said the reason she decided to put "snug" in the restaurant's name was that she wanted to create a comfortable and secure cafe. Costumers can relax surrounded by decor that should remind them of nature – a color motif of green and shell yellow.

Ye hails from Wenzhou, Zhejiang Province, so most of the shop's ingredients are from her hometown. Tutu milk tea (22 yuan), a popular Wenzhou beverage, is its signature drink. It is milk tea mixed with almond tofu.

Another of Tutu's specialty drink is cola-herb jelly (20 yuan), with herb jelly shipped from Wenzhou. It does not taste as bitter as that served in other restaurants, and with a slight taste of cola, it is refreshing and thirst-quenching.

Tutu's Snug

Where: 31 Mao'er Hutong, Di'anmen Dajie, Dongcheng District

Open: 10 am – midnight

Cost: 30 per person

Tel: 6401 8580

New



Tutu milk tea, 22 yuan



Cola-herb jelly, 20 yuan

Photos provided Tutu's Snug

House of music and Mediterranean food

New



Oyster, 62 yuan

Photo provided by Alfa

By He Jianwei

Alfa specialized in Southeast Asian dishes until a few months ago, when its new chef Christelle Helf introduced Mediterranean cuisine.

The restaurant has a distinctive ambiance: On the first floor are beds through which water flows. Upon entering, customers must take off their shoes. It somehow feels like dining at home.

French-born Helf belongs to a family of chefs and studied French, Spanish and Italian cooking. She remembers being carried to the kitchen at age two and ending up playing with flour. "Maybe it is my destiny to become a chef," she said.

To improve her cooking repertoire, she decided to travel the world. Five years ago, she came to China. "Travel helps develop a person's cooking skills," she said.

Helf brought her specialty dishes to Alfa. One of them is goat cheese salad (48 yuan), goat meat with melted cheese on a baguette, with tomato, lettuce and raspberry juice.

For the main dish, Helf recommends lamb steak and codfish. The lamb rack Marseille style (128 yuan) is cooked in rosemary sauce and a snow pea mint puree. The meat comes out smelling like rosemary leaves, and the puree helps reduce the grease. The Alaskan codfish (138 yuan) is tender, served with saffron sauce and shallots pilaf rice.

For desert, Helf offers lemon pie (28 yuan) and cheese cake (48 yuan), two of her favorite concoctions.

Alfa also features music every evening. Monday is Jazz Night, Tuesday is Chill-out Night and from 5 to 9 pm on Wednesday is Summertime Party. On Thursday, DJ Cool C and Edmar bring electronic sounds to the house. Friday is 1980s Night, Saturday is Ladies' Night and Sunday evening belongs to Latin music.

Alfa

Where: 6 Xingfu Yi Cun, Chaoyang District

Open: 5 pm – 2 am next day

Cost: 60-80 yuan per person

Tel: 6413 0086

Hidden noodle bar

New

By Annie Wei

Nestled in Sanlitun's 1949 – The Hidden City complex, Noodle Bar is a cozy place for a bowl of simple but tasty noodles. Customers will be impressed by its courtyard environment and modern design.

From its layout, it can be seen that Noodle Bar has been influenced by Kyoto's street noodle vendors: It has only 12 seats around a food preparation counter inside a small shop. There customers can watch how their hand-pulled noodles are prepared. One chef makes the noodles from flour; another puts them in a bowl, pours broth and then adds meat.

The food's flavor is very Shanxi, known as the home of the best Chinese noodles. The meat – beef brisket, tripe or tendon – are stewed long enough to make it tasty and easy to chew. The meat comes in generous portions.

Noodle Bar's menu is simple: a choice of thin or thick noodles, and a choice of the beef cuts mentioned above. Vegetables and snacks are available for less than

20 yuan. Oolong tea is served free.

There are also seats in the courtyard garden, which is a cool option for the summer. Behind it is an open music bar, where you can get a drink after dinner. But its biggest drawback is the mosquitoes that are unmerciful to those who make the mistake of coming in shorts and are unprotected by bug spray.

1949 – The Hidden City is located next to the Pacific Plaza; its gate is at the south side of the plaza's residential building. On their way to Noodle Bar, customers will go through a gallery of contemporary art.

The Noodle Bar

Where: 1949 – The Hidden City, Courtyard 4, Gongti Bei Lu, Chaoyang District

When: 11 am – 10 pm

Tel: 6501 1949

Cost: Starting from 38 yuan for a bowl of noodle; menu prices are exclusive of the 10 percent service charge



Noodle, 42 yuan

Photo by Wendy Zha

Beijing's longest music festival

By Wang Yu

For a month, the Olympic Sports Center turns into a party land for music fans. Under the musical extravaganza Summer Pilot 2009, 15 concerts will be held at the sporting venue every week through August 30.

"We have been preparing for this event for a long time. I can guarantee that we will make it an unforgettable moment for metal fans," said Laomao, lead singer of nu metal band AK-47, one of the performers.

For organizer Pilot Records, an independent record label, the event is an exciting venture in an otherwise depressing economic atmosphere. "All the artists we invited showed their support, which helped us make this dream come true," Zeng Yu, the company's spokesman, said.

There have been changes in the concerts' schedule, but the lineup remains the same. Xie Tianxiao,

the country's best known grunge rocker, will perform the finale tomorrow. On Sunday, Miserable Faith, a nu metal turned folk group, will take the stage with its sentimental melodies.

The third week will see indie artists under the spotlight. Performers include Convenience Store, Muma & Third Party and Cao Fang, a female singer and producer who disappeared from the scene for a while.

The festival will also see names from China's rock and roll hall of fame. Tang Dynasty, the country's first heavy metal band which took listeners by storm in the early 1990s, will make noise again on the last week. It will be interesting to see the mid-aged rockers whip up a storm with younger performers.



Pilot Records has built a reputation as the leading label of domestic metal and hard rock bands.

AK-47, Reflector, Honey Gun, Spring and Autumn, Caffeine — all bands under the record company will perform at the festival's finale during its last two days.

Summer Pilot 2009

Where: Olympic Sports Center, 1 Anding Lu, Chaoyang District
When: July 30-31, August 1, 5-7 and every weekend including Friday until August 30, 4-11 pm
Admission: 50 yuan for single-day ticket; 120 yuan for a week ticket
Tel: 6417 7845

Upcoming

Nightlife

Snake and Jet's Amazing Bullit Band
Where: MAO Livehouse, 111 Gulou Dong Dajie, Dongcheng District
When: August 6, 9 pm
Admission: 60 yuan
Tel: 6402 5080

Stage in August

Concert

Audio-visual Concert of Symphonic and Wind Music
Where: Beijing Concert Hall, 1 Bei Xinhua Jie, Xicheng District

When: August 1, 7:30 pm
Admission: 10-100 yuan
Tel: 6605 7006

Violin and Piano Concert by Sheng Zhongguo and Seta Hiroko

Where: Forbidden City Music Hall (inside Zhongshan Park), Dongcheng District
When: August 3-4, 7:30 pm
Admission: 10-100 yuan
Tel: 6559 8306

Italian Pianist Paolo Vergari

Where: Forbidden City Music Hall (inside Zhongshan Park), Dongcheng District
When: August 13, 7:30 pm
Admission: 10-100 yuan
Tel: 6559 8306

Iberia – Guillermo Gonzalez Piano Recital

Where: Concert Hall of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District
When: August 23, 7:30 pm
Admission: 80-480 yuan
Tel: 6655 0000

Dance

The Rain of Flowers along the Silk Road

Who: Gansu Dance Drama and Opera Ensemble
Where: Theater of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District
When: August 1-2, 7:30 pm
Admission: 80-580 yuan
Tel: 6655 0000

Onegin

Where: Opera House of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District
When: August 19-22, 7:30 pm
Admission: 80-500 yuan
Tel: 6655 0000

Prism – International Contemporary Dances

Where: People's Liberation Army Opera House, 60 Deshengmen Nei Dajie, Xicheng District
When: August 28-29, 7:30 pm
Admission: 60-580 yuan
Tel: 6673 6623

Opera

Ode to the Red Chinese Plum by the PLA Air Force Political Department's Art Troupe

Where: Opera House of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District
When: August 7-9, 7:30 pm
Admission: 80-480 yuan
Tel: 6655 0000

(By Jackie Zhang)

Friday, July 24

Exhibition

Civilization of Qin and Han Dynasties and Roma

Where: Beijing World Art Museum, 9A Fuxing Lu, Haidian District

When: Until October 7, daily, 9 am – 6 pm
Admission: 30 yuan
Tel: 5980 2222

Image Tricks – Han Lei + Photography

Where: Iberia Center for Contemporary Art, E06, 798

Art District, 2 Jiuxianqiao Lu, Chaoyang District

When: Until September 6, daily except Monday, 10 am – 6 pm

Admission: Free
Tel: 5978 9530

Nightlife

Doraemon Cartoon Symphony Concert

Where: National Library of China Concert Hall, 33 Zhongguancun Nan Dajie, Haidian District
When: 7:30 pm

Admission: 30-120 yuan
Tel: 8854 5520

Never-ending Fun

Where: D-22, 242 Chengfu Lu, Haidian District

When: 9 pm
Admission: 40 yuan
Tel: 6265 3177

Movie

Chicago

Where: Chaowai SOHO, 6B Chaoyangmen Wai Dajie, Chaoyang District
When: 6 pm
Admission: 40 yuan

Tel: 13911590742



Saturday, July 25

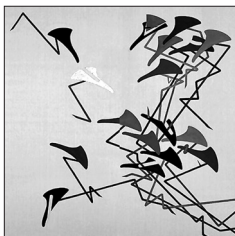
Exhibition

10th Open Performance

Art Festival

Where: Open Realization Contemporary Art Center, 798 Art District, 2 Jiuxianqiao Lu, Chaoyang District

When: Until September 27, daily except Monday, 10 am – 6 pm
Admission: Free
Tel: 5978 9152



Where the Spirit Lives – Exhibition on the Occasion of 100th Anniversary of Abstract Paintings

Where: PIFO New Art Gallery, B-11, 798 Art District, 2 Jiuxianqiao Lu, Chaoyang District
When: Until August 23, daily except Monday, 10 am – 6 pm
Admission: Free
Tel: 5978 9562

Nightlife

Baishui Ballad

Where: Jianghu Bar, 7 Dong-

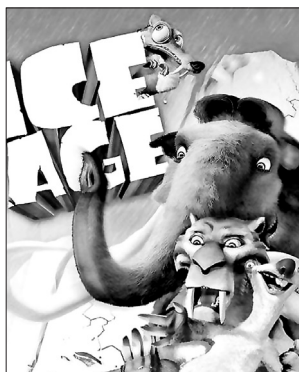
mianhua Hutong, Dongcheng District

When: 9 pm
Admission: 50 yuan
Tel: 6401 4611

Wang Xiaokun Beijing Concert

Where: Star Live, 3/F, 79 Hepingli Xi Jie, Dongcheng District
When: 7:30 pm
Admission: 80-100 yuan
Tel: 6425 5677

Movie



Ice Age

Where: China Film Archive, 3 Wenhuiyuan Lu, Haidian District
When: 2 pm
Admission: 10 yuan for children; 20 yuan for adults; 25 yuan for a child and parent
Tel: 8601 6860

Sunday, July 26

Exhibition

From the Pacific Ocean to the High Seas – Shi Zhiying Solo Exhibition

Where: White Cube and Black Box, Ullens Center for Contemporary Art (UCCA), 798 Art District, 2 Jiuxianqiao Lu, Chaoyang District
When: Until August 30, daily except Monday, 10 am – 7 pm
Admission: 15 yuan
Tel: 8459 9269



Spanish Contemporary Paintings

Where: Beijing World Art Museum, 9A Fuxing Lu, Haidian District
When: Until August 14, daily, 9 am – 6 pm
Admission: 30 yuan
Tel: 5980 2222

Nightlife

City, Forest, Fairyland

Where: MAO Livehouse, 111 Gulou Dong Dajie, Dongcheng District

When: 8:30 pm
Admission: 50 yuan
Tel: 6402 5080

Hot Cat Jazz Night

Where: Hot Cat Club, 46 Fangjia Hutong, Dongcheng District

When: 9:30 pm
Admission: 20 yuan
Tel: 6400 7868

Movie



Mulan

Where: China Film Archive, 3 Wenhuiyuan Lu, Haidian District
When: 2 pm
Admission: 10 yuan for children; 20 yuan for adults; 25 yuan for a child and parent
Tel: 8601 6860

Summertime for kidney stones

By Venus Lee

Many people drink soft drinks or beers to beat the heat instead of water in summer, but doctors say drinking too little water carries a big risk for urinary stones.

Du Xiaodong, 29, a marketing representative in an electronics corporation and a big socializer, drank through several pints of beer with his customers last Friday night. On his way home, the pain began from the left side of his lower back and in his belly. He was diagnosed with kidney stones and stones in his urinary tract. The pain eased after the doctor gave him extracorporeal shock wave lithotripsy (ESWL) treatment.

The frequency of developing urinary tract stones increases dramatically during the summer, said Wang Keming, chief physician of Tianjin Third Central Hospital's Urology Department. "The peak age is from 20 to 45 and most of those diagnosed are men. It is one of the most common forms of urologic disease, and calcium oxalate is the most common stone found in patients," he said.

Besides genetic factors, one of the most common causes of stones is diet. "High protein foods and carb-heavy drinks increase the presence of calcium and uric acid in urine," the doctor said.

He said foods with high dietary fiber like rice and wheat bran are effective at reducing free calcium.

Many patients with stones do not drink enough water, because they only drink when thirsty. "It is natural that people sweat a lot and urinate little in summer. If you don't drink enough, it is easier for the salts in the urine to crystallize and begin to form into

stones," he said.

The situation is worse for those who substitute water for soda or beer, the doctor said. "This will accelerate the development of stones because the oxalic acid in beverages is the most common element of a calculus," Wang said. "Beer, on the other hand, is a diuretic and can cause dehydration shortly after drinking."

Metabolic disturbances and urinary tract infections are also contributing factors.

The doctor said urinary tract stones will not only block the urethra, but also cause pain in the loins. Some chronic stones may cause kidney backup or failure.

The symptoms of stones differ with the stones' location.

A stone in the upper urinary tract, like kidney stone, will cause a sudden pain in the loins or belly. The pain can last several hours and is accompanied by nausea, vomiting and renal colic. A stone in the lower urinary tract can disrupt urine flow, cause a burning sensation or the appearance of blood in the urine.

Drinking less soda and more water is the easiest way to avoid stones. "People should drink 2.5 to 3 liters of water each day," he said. "Even if you are not thirsty, you still need to replenish your fluids. Once you find your urine becoming a deep yellow, it indicates that your body is suffering a water shortage."

Eating too much too late at night is also bad. "Most calcium is discharged by the body 4 to 5 hours after eating. If you eat late and go to bed immediately, the calcium will be left hanging around in your bladder until morning," he said.

Spinach, black tea and coffee are not recommended, but moderate exercise like skipping rope and gymnastics can help to prevent and treat stones.

CFP Photo



Managing fevers in children

By Melissa Varma

At some point, all parents will have to deal with a child's fever. For all of us, this can be a distressing moment.

When my eldest daughter developed her first fever, I rushed her to the clinic and demanded her blood and urine be checked for bacterial infection. As my pediatrician examined my smiling, playful daughter, I began to realize I had overreacted.

Politely, my pediatrician assured me that the tests would be unnecessary, and I could take her home and observe her over the next few days.

Most of the time, this reassurance is enough. However, there are signs and symptoms accompanying a fever that can make a visit to the doctor necessary.

What is a fever?

A fever, defined as a rectal temperature of 38 C or greater, or

an oral temperature of 37.5 C or greater, is a positive sign that your body is fighting an infection, and that its defenses, such as white blood cells, have been stimulated to combat a bacteria or virus.

Typically, the fever from a common viral illness, such as a cold or stomach flu, can last as long as five to seven days before subsiding. Fevers do not cause brain damage and are not usually a cause for concern. Few fevers require therapy.

Fever is caused when people's internal temperature set points are increased, and their bodies generate heat to reach the new point. Heart and respiration rates increase, and we shiver to build heat. Once the fever begins to wear off and the set point returns to normal, the body begins to sweat to cool off.

What to do?

If your child is less than two

months old, contact your pediatrician immediately. Young infants are at greatest risk of developing serious bacterial infections, and a fever should be considered an emergency. More than likely, your physician will want to see the child for blood and urine cultures.

If your child is between three months and a year old, you can observe her at home for two days before contacting your pediatrician. Too early a visit can make it difficult to locate the infection, especially if the fever is not over 39.4 C and your child is eating and sleeping well.

Children with fevers may seem terribly fussy, but if they calm down after being given a common remedy, the infection is likely not serious. Contact your pediatrician if a child is lethargic, uncontrollably fussy, vomiting repeatedly or has a strange appearance.

Older children can be similarly observed. Once they can talk, they can let you know if they have ear pain, a sore throat or abdominal pain. If they have any of these complaints, they should be brought to their physician.

How to treat a fever

Three pain relievers can reduce fever: acetaminophen or paracetamol, ibuprofen and aspirin. Aspirin is not recommended for children due to significant side effects, including stomach pain, intestinal bleeding and Reye's syndrome, a severe encephalitis-like illness.

Acetaminophen can be given every four to six hours at a dose of 15 milligrams per kilogram (mg/kg). It comes in droppers, elixirs and chewable tablets. Ibuprofen can be given every six to eight hours at a dose of 10 mg/kg.

If your child is uncomfortable,

alternate doses of ibuprofen and acetaminophen every three hours during the day. Make sure the bedtime dose is ibuprofen, since it lasts the longest and will get the child through the night.

Keep your child hydrated since a fever will cause fluid loss and dehydration can cause the child to look and feel even worse. Keep your child lightly dressed and the room temperature at a constant, comfortable level.

Remember, it is hard for a pediatrician to give you anything more than reassurance if your child has a fever for one day with no other complaints. Monitoring your child from home and watching for increased irritability or other signs and symptoms may be best for you and your child.

(Melissa Varma is a medical doctor at United Family Hospitals in Beijing.)



United Family Hospitals

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Summertime is fruit time

Fruit picking in the suburbs

By He Jianwei

It is harvest time for blueberries, grapes, peaches and watermelons in suburban Beijing. Visitors can go to farms and orchards not only to shop for fresh fruits, but also to go fruit picking.

Many of these places aim to produce high-quality fruits to attract customers from the city. Farmers try to use sustainable farming techniques, which appeal to the increasingly health- and eco-conscious people of today.

There are fruit-picking trips to many suburban districts and counties.

Below are three farms and orchards worth checking out.



Blue Manor, Beijing's first blueberry farm saw its initial harvest in this summer.



Romance of blueberry nights

Located beyond the East Fifth Ring Road is Blue Manor, Beijing's first blueberry farm, which saw its first harvest this summer.

Last Tuesday, it was designated by the municipal government as the first blueberry science and technology demonstration center.

The farm is situated on a wide stretch of land by the Ba River's west bank. There are corn fields on its north side and about 10 rows of blueberry

sheds on its south side.

Blueberries grow wild in North America, so producing them in Beijing was a special endeavor. "We grew it on our land last year and learned many things about growing blueberries in sheds," Li Yuli, Blue Manor's general manager, said.

Inside the sheds, the blueberries grow in pots. Each pot has a

shrub about a meter high. The leaves are dark green, which makes the fruits difficult to spot. When ripe, they range in color from pale to deep blue, with a flared crown at the end.

Crouching beside the pot makes it easier to find berries.

The fruits are smaller than cherries and develop a thin white powdery coating. "As with the grape, the coating protects them from worms and the evaporation of water," Li said.

Blueberries have a sweet taste with a hint of acidity. "If you eat 10 blueberries every day, it will not only improve your eyesight but also make your skin smoother," he said. But people who are suffering from diarrhea best stay away from them.

Norah Jones's jazz songs accompany blueberry picking at Blue Manor. The US singer-song writer was the lead actress in Hong Kong director Wong Kar-wai's 2007 film *My Blueberry Nights*. "Her jazz music is the best illustration of the spirit of blueberries – romance," Li said.

The farm has designated a shed for visitors who come to pick berries. Because of the high cost of the imported plant, blueberries are much more expensive than other fruits. It is 300 yuan per kilogram.

"It is a high price, so we wanted to provide shoppers with the experience of picking berries in the hopes they will purchase fresh blueberries here," Li said.

People who want to grow blueberries can buy a pot and bring it home.

The orchard can also deliver the pots to customers. "Because blueberries only grow within a certain temperature range and amount of sunshine, people who would like to plant them need a

greenhouse," he said.

Blue Manor visitors can also make blueberry juice, blueberry ice cream and cocktails under the guidance of staff members.

Tips:

1. Look for berries that are plump and full, with a light gray-blue color. A berry that has a hint of red is not yet fully ripe, but will ripen after it is picked.
2. Since blueberries hang in bunches, the easiest way to pick them is to hold your bucket in one arm. Cup a ripe bunch gently in your hand and rub the berries with your fingers. The fruits will fall into the bucket, leaving the unripe berries on the bush.
3. Do not overfill your containers or try to pack your berries down, lest you damage the fruits.
4. Do not wash berries until you are ready to eat them.
5. Store the blueberries, preferably in a single layer, in a moisture-proof container in the refrigerator for up to five days. Fresh blueberries can also be frozen by putting them in an air-tight bag, removing as much air as possible. Thaw the frozen berries by placing the bag in the refrigerator.

Blue Manor

Where: South of Louzizhuang Village, Jinzhan Town, Chaoyang District
Cost: 300 yuan per kilogram

Getting there: No buses travel to the farm. Drive east along Chaoyang Bei Lu, turn left at Wuliqiao Lu Kou and then go along Donggao Lu. When you get to the roundabout, go straight for about 800 meters until you see a row of greenhouses

Tel: 5126 9269

Photos provided by Fanscene Studio

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Beneath clouds of grapes

People traveling westward from Miyun County will pass numerous ads for fruit picking. Even small country inns have signs offering grape picking.

Last weekend, Grace Zhao and her colleagues visited Jindi Grape Garden, one of Miyun's grape orchards.

Located on the Bai River's west bank, the orchard is bordered on three sides by green hills. A row of prickly ash trees line its walls.



White paper bags protect the fruits from pollutants and preserve their bright colors.

Photo provided by Grace Zhao

Zhao found the orchard's atmosphere romantic. As she walked underneath its trellis of grape vines burgeoning with ripe fruits, Zhao said she felt like she "entered a scene in *A Walk in the Clouds*, a romantic film set in a vineyard."

Jindi grows 80 types of grapes, including the black rose, the floral-smelling Muscat and the Italian queen of grapes Augusta.

The caretakers gave Zhao and her companions a clipper each with which to pick the ripe fruits. "Before I cut it, I will pick one grape and taste it. If it is sweet, I will cut the whole bunch," Zhao said.

Some are wrapped in white paper bags, which the farmers said protect the fruits from pollutants and preserve their bright colors. A week before the grapes fully ripen, the bags are removed.

On the grape trellis are several yellow lights, which keep away the insects and worms that do not like the color yellow. The grapes can be eaten without being peeled.

Grapes cost 60 yuan per kilogram.

There is no entrance fee, but visitors need to spend a minimum of 50 yuan.

People can also pick plums and peaches at 20 yuan per kilogram.

Jindi has a restaurant, but it is currently being renovated, so visitors eat their packed lunch in the garden. There are also restaurants and holiday villages along Bai River.

Tips:

1. Never yank on the clusters. If grapes are falling off the cluster, you are being too rough.
2. Watch for bees and stinging insects behind the fruit clusters.
3. Never cut what you cannot see; it may be your finger.
4. Pants are an ideal attire for picking grapes, which are usually grown in weedy fields.
5. Be careful when walking with full buckets; watch where you are going. It is easy to hit a bump or hole and sprain an ankle.

Jindi Grape Garden

Where: North of Ligezhuang Village, Miyun County

Cost: 60 yuan per kilogram

Getting there: From Dongzhimen, take Bus 987 to Dongzhi Dong stop

Tel: 6906 0965



Jindi Grape Garden

Home of watermelon kings

Beijing's best-known watermelon farms are in Panggezhuang Village, Daxing District.

Since 1988, Daxing has held an annual watermelon festival in June, and the "king" always comes from Panggezhuang Village.

In early June, Steven Chen attended this year's festival held at Lao Song Orchard, one of Daxing's most famous watermelon orchards. Besides a watermelon field, Lao Song has more than 20 greenhouses for

mini watermelons.

Farm workers taught Chen how to recognize a good watermelon. The first thing you need to check is its shape; a good watermelon has a symmetrical shape. "It doesn't matter if the fruit is round or oval, as long as the shape is symmetrical," Chen said.

It is also a good idea to press the skin in different spots to test for firmness. Good watermelons will not have soft spots.

The fruit's color is also another

quality indicator. "Although looking at a watermelon's color is not sufficient to determine whether it will taste good, dark green melons tend to be sweeter than those that have lighter color," he said.

Also pay attention to how heavy it is. Watermelons are more than 90 percent water, so the juiciest melons are going to be the ones too heavy for their size.

Lao Song's watermelons cost 6 yuan per kilogram, but can vary depending on the orchard's supply.



A good watermelon has a symmetrical shape.

CFP Photos

Tips:

1. Look at the fruit's bottom. You will find a discolored spot where the melon was in contact with the ground while it was growing. If the spot is light green, the melon is not yet ripe. If the spot is a yellowish-white color, the melon is likely ripe.
2. You can also test for ripeness by scratching its surface with a fingernail. A greenish-white color beneath the outermost layer of the rind indicates a ripe watermelon.
3. You can also tell if a watermelon is ripe by thumping it. A ripe one will sound as if it is hollow. If you hear a thud or a high-pitched sound, you're dealing with a fruit that is not ripe.

Lao Song Orchard

Where: Panggezhuang Village, Daxing District

Cost: About 6 yuan per kilogram

Getting there: Take Bus 943 from Yongdingmen or Bus 937 from Lishilu, then get off at Panggezhuang. From Panggezhuang Guaxiang Bridge, walk east for approximately two kilometers, then you will hit Lao Song.

Tel: 8928 2866

Chaoyang's sunlit Blue Harbor

By Jackie Zhang

Solana, a comparatively new shopping area opened last June, is a place of sunshine, water, elegant architecture and a romantic atmosphere.

Located near Chaoyang Park, Solana takes advantage of the scenic park environment to beautify itself. The Western architecture, lanes and plazas make it feel like a scene out of Europe. For many Chinese visitors, it is the closest thing to experiencing a small European town; Westerners may find it similar to going home. Solana, with its Chinese name Lanse Gangwan (Blue Harbor), is like a harbor for people who want to take time out on a busy day.

Whether visitors want to shop for clothes, houseware, jewelry, food and wine, see a film or taste delicious international cuisine, Solana will satisfy.

Arabian dishes for a thousand nights



By Wang Yu

Since the mid-1990s, 1001 Nights has built a reputation in Beijing, Shanghai, Guangzhou and Yiwu for authentic Arabian food popular with local diners.

A month ago, the Syrian restaurant opened another branch at Solana shopping mall. "Unlike our Sanlitun branch, guests here are mostly Chinese," Achraf Ghanem, the restaurant's manager, said. The dining place's furnishings transport diners to the land of Ali Baba.

Its executive chef Hasan has mastered the art of Syrian-Lebanese cuisine. "Arabian people must have hummus before their main dish," Ghanem said. The restaurant offers a variety of appetizers including hummus with meat (35 yuan single; 68 yuan double) and hummus bu taino (25 yuan for a single order; 48 yuan double).

The 1001 Nights salad (35 yuan single; 68 yuan double), with tomatoes, olives and beans is an ideal choice for vegetarians.

Every day, the restaurant offers a lunch buffet for 65 yuan from 11:30 am to 3:30 pm.

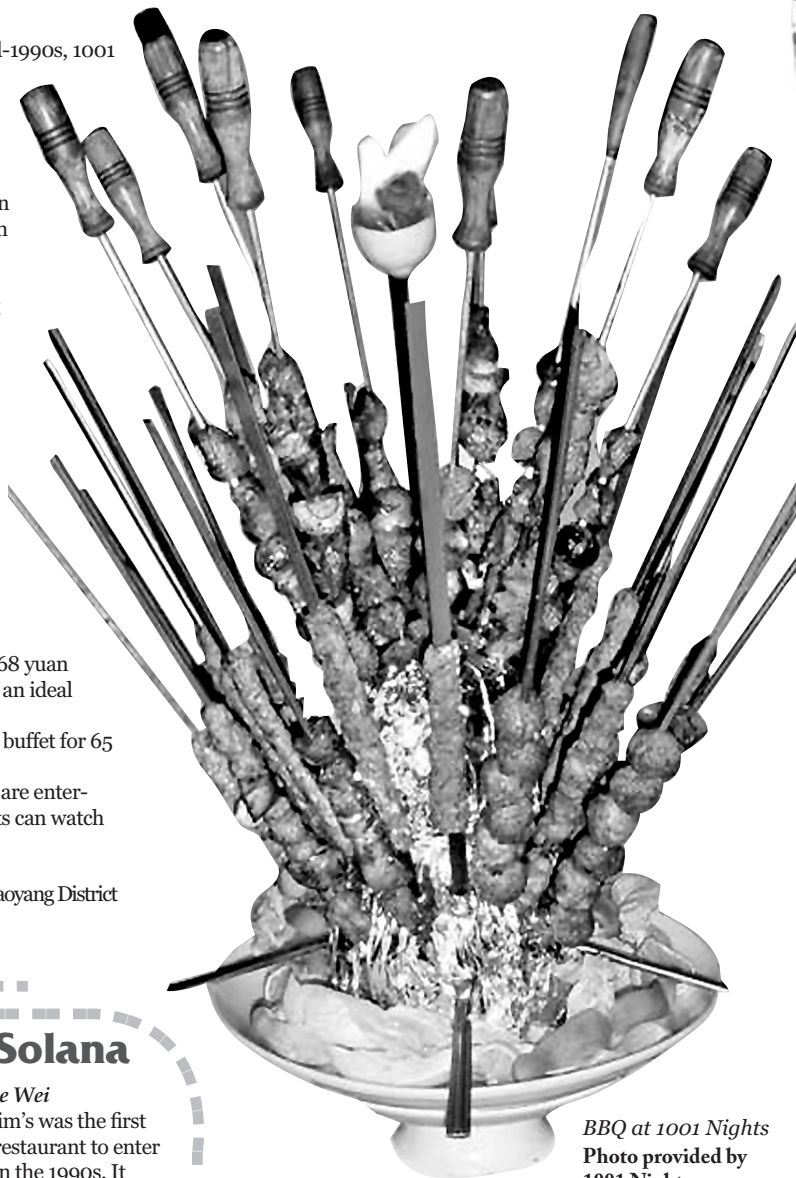
From 7:30 pm till midnight, customers are entertained with traditional belly dancing. Guests can watch the show while smoking a hookah.

1001 Nights

Where: Solana, 6 Chaoyang Park Road, Chaoyang District

Open: 11 am – 2 am next day

Tel: 5905 6316; 5905 6317; 59056318



BBQ at 1001 Nights
Photo provided by
1001 Nights

Maxim's de Paris at Solana



By Annie Wei

Maxim's was the first French restaurant to enter Beijing in the 1990s. It shows you French food, while tasty, can also be affordable.

Maxim's at Solana is spacious with a 40-seat lower level and a fine dining restaurant with 80 seats on the second floor. Its terrace is especially popular in summer.

Maxim's serves traditional French cuisine, including French onion soup (60 yuan), foie gras terrine, pan-seared foie gras served with Sichuan sorbet (168 yuan, highly recommended) and beef filets in truffled goose liver sauce (198 yuan).

The special menu on the second floor comes in three price ranges: 165 yuan for a traditional three-course menu, 388 yuan for four courses, and 588 yuan for five courses.

For its first anniversary, Maxim's is launching a special promotion on wines and cocktails during the month of August. Diners can get discount coupons for every 200 yuan they spend at Maxim's Solana.

Maxim

Where: DS-61, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Open: 10 am – 10:30 pm, with food service from 11:30 am – 2:30 pm and 5:30-10 pm

Tel: 5905 6204

Water Bar and Restaurant

By Venus Lee

Water Bar and Restaurant is anything but short on the key element in its name. The restaurant is adjacent to the lake in Chaoyang Park. It is an ideal dining place for people of all ages during the hot summer. Its environment is tranquil and its scenery is beautiful.

The white staircase, red sofa and transparent

French windows lend a bright, easy feeling. Enjoy dinner outdoors and get a breeze from the lake to leave you feeling fresh and cool.

Water serves up delicious foods from all over the world: Mexican tortillas, Italian pastas,



After 5 Bar

By Venus Lee

Its name may be short, but After 5 Bar is long on decoration and elaborate service.

Indulge yourself and your beloved after hours at the bar. The low-key but noble atmosphere is suitable for romantic stories and sharing secrets without disturbance. "We wanted to provide a relaxed but private space for customers after work hours," Cherry Lian, the owner, said.

The bar is Japanese style but with a strong American accent. Its owner was bold with his color choices: the golden narrow circles, lines and squares on the black wallpaper shine under the red lights of the bar.

The ring-like booths are popular with lovers and customers who want to share their secrets with a best friend. The red inner walls and angle sofas give a safe and intimate feeling, while the black curtains lend a certain sexiness and mystique to each compartment.

The bar hires live bands to perform every Friday night.

Wines, champagnes, soft drinks, fruit juices and other beverages are available. After 5's most popular champagne is Moet (980 per bottle), and its owner's most recommend drink for lovers is Bottega (580 per bottle). Customers who spend 1,000 yuan can become a VIP member and get a 20 percent discount.

After 5 Bar

Where: 8-4 Bar Street, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Open: 6 pm – 2 am next day

Tel: 5905 6368

Australian beef steak, Indonesian fried rice and Thai curry chicken. But young bar-goers most enjoy Romantic Water (88 yuan), a Belgian chocolate fondue with seasonal fruits, marshmallows and assorted biscuits.

Its bar serves hundreds of cocktails, but the alcohol-free Virgin Sex on the Beach (40 yuan) and Virgin Mai Tai (50 yuan) are its most popular.

Water Bar and Restaurant

Where: LW-08, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Open: 10 pm – 2 am next day

Tel: 5905 6008

Illustrations by Jiao Shu
Continued on page 23 ...

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New Italian concept cafe



By Wang Yu

Invito is one of the best new shops on Solana's bar street. It is neither bar, restaurant nor cafe, but a merging of all three.

The concept was a merger of the casual 3-floor Italian lakeside cafe, a chic fine dining *ristorante* and an intimate lounge bar, Simon Lee, the manager, said. The house is built on the bank of Chaoyang Park. The interior design is intended to wed the original to the modern.

The ground floor is a cafe decorated with the image of a young and beautiful woman there for the food and wine. "That's the Invito girl, our style icon," Lee said. An afternoon tea set is available on weekdays from 2:30 to 5:30 pm.

The second floor dining complex is inspired by an elegant Tuscan villa. The restaurant is simple and uncluttered, with beautiful details that mirror the *Tuscan lifestyle* and Italian spirit. The aperitivo, a mini buffet with drinks, is available from Monday to Friday from 5 to 7 pm at 98 yuan per person. The restaurant also has two exquisite dining rooms for a private reception, social affairs, birthdays and company parties.

The highlight of the menu is the wagyu beef Florentine steak for four served with a salad (888 yuan). The steaks are imported from Australia to ensure their unique taste. Homemade Tuscan style potato gnocchi (98 yuan full; 56 yuan half) is also recommended for its authentic Italian flavor. Sliced veal loins with tuna sauce (88 yuan) will bring beef and tuna lovers together around the table.

The Invito Lounge Bar in the basement is an elegant space reminiscent of a Tuscan gentlemen's club. Chocolate colored walls, horizontal mirrors in linear formation, luxuriant leather furnishings and soft intimate lighting provide a rich backdrop for any private event. The bar opens August 18, after which the cafe will extend its operating hours to 2 am.

Invito

Where: 15-2 15-3 Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Tel: 59056906

Open: Invito Cafe, 11 am - 11 pm; Invito Fine Dining Ristorante, Lunch: 11:30 am - 2:30 pm (last order: 2:30 pm); Dinner: 6-10:30 pm (last order: 10:30 pm); Invito Lounge Bar, 7 pm - 2 am



The ballet pole-dancing at Sex and da City.

Photo provided by Sex and da City

Sexy dances and intriguing cocktails

By Venus Lee

The immense popularity of US television series *Sex and the City* has spawned many business ventures. Among them is Sex and da City, a bar which recently opened another branch at Blue Harbor shopping mall.

Terresa Zhang, a fan of the show, set up the first bar in Houhai seven years ago. The place is known to regulars for its hot pole-dancing acts.

The two-story new bar, Sex and da City East, follows the same theme. It is also more spacious and more lushly decorated. Customers will be surrounded by purple walls, flaming lip-shaped chairs, porcelain bricks with sexy pictures of Marilyn Monroe and a huge picture of New York's skyline illuminated by starlight.

The bar's main attraction, the pole-dancing shows, is held every weekend beginning at 9 pm. "We don't only present sexy dances. We have different performances each month, which integrate various cultural elements," Zhang said.

"What's more, we have special cocktails to match the subject of special performances. For example, our subject for July is ballet, so our recommended drink is the cinderella," she said.

In the next two months, the bar will feature performances called Playboy and Belly Dance. They are best paired with the drinks pretty women and Bombay Gin Fizz, respectively. Cocktails cost from 60 to 75 yuan.

Sex and da City

Where: LW-16, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Open: 10 am - 2 am next day

Tel: 6612 5046



Illustrations by Jiao Shu

Unwind or order a cocktail with a Thai kick?



By Venus Lee

Lantung Thai Bar is a cozy, trendy bar set in a tropical world. Its light green walls, green sofas, tropical plants, huge antique bronze fans and shaman statues give it a

traditional Thai ambiance. But the wall of glass shelves filled with liquor bottles gives it a fashionable air.

The bar has three floors to suit bar goers in a variety of moods. The first floor is bright and spacious, the second is quieter and more secluded, while the third is a balcony from where customers have a nice view of Chaoyang Park and its lotus pond.

Guests on the first floor sometimes take seats outdoors to enjoy the summer breeze, just like people who grab a spot on the balcony.

The bar serves Thai dishes prepared by cooks from Chiang Mai, in the northern part of the country. Lantung Thai recommends its green curry beef (70 yuan), sauteed asparagus with shrimps (75 yuan), green papaya salad (45 yuan) and seared tilapia with Thai chili sauce (95 yuan).

Its cocktails are also worth a visit. Muay Thai chili kick (50 yuan), chili vodka with red apple, and pink lady boy (50 yuan), rose petal vodka with lychee, are popular among customers.

Every Saturday and Sunday, the bar hosts a barbeque on its balcony to give people a chance to meet new friends.

Lantung Thai Bar

Where: LW-12, Solana 6, Chaoyang Guangyuan Lu, Chaoyang District

Open: 10 am - 2 am next day

Tel: 5905 6213

Buy one bottle of wine, get one free

By Jackie Zhang

The Channel

Wine store is beside Solana mall's supermarket. After going grocery shopping, people can drop by to get a bottle of red or white to go with their meals.

The store has an extensive inventory: red wine, white wine and champagne are all sold here. "These are imported from around the world," Ku Songtao, the manager said. "Most of our customers are Chinese. They like red wine the most. Both strong and light flavors are popular," he said.

Channel Wine holds regular promotional sales. "We sell our wine at a 50- to 60-percent discount twice a year. Customers who buy 10 to 12 bottles at a time can enjoy a 5-percent discount," Ku said.

Right now, customers who buy selected brands get a free bottle of wine priced the same or lower.

Channel Wine

Where: Smm-78, B1, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Open: 10 am - 10 pm

Tel: 5905 6256



Continued on page 24 ...

Weave the missing Tibetan tradition

By He Jianwei

Once inside Kawachen, a Tibetan carpet shop, it is easy to get lost in the maze of colored carpets. It may not be on the plateau, but the latticed carpets carry the scent of mountain air and Tibetan herbs.

"The wool all come from the plateau's sheep. The long hair and fiber make the rugs more elastic," Li Wei, the general manager, said.

The founder of the brand, Kesang Tashi left a career in finance in New York City to revitalize Tibet's rug-weaving heritage in 1986.

He grew up in the Tibetan region of Yunnan Province in Gyalthang, now known as Shangri-La. His family home was filled with beautiful handmade Tibetan rugs passed down over generations.

When he returned home in 1986, he had a dream to "revive the tradition of Tibetan rug weaving, which was sadly in decline," Li said.

He sought out master weav-



ers and dyers in Tibet, many of whom had retired.

In 1994, he established the Khawachen carpet and wool handicraft company in Lhasa, Tibet. It was the first US-China joint venture in Tibet.

New artisans are trained every year at the company. "We support our artisans and the wool-producing nomads. We strive to do what

we can to enhance the livelihood of the Tibetan people," Li said.

Kawachen

Where: BL2-03 Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District

Open: 10 am - 10 pm
Tel: 5905 6311

Speed and passion on the ice



By He Jianwei

The All Star Skating Club is one of Chaoyang District's best places to go ice skating. The club has a rink in its basement that is the size of two basketball courts.

Every Saturday night, two children's ice hockey teams train under professional coaches. The club plans to organize a third ice hockey team at the end of the month, Liu Lei, the director of operations, said.

Children six to 12 years old are eligible to join and compete with other clubs' teams. "The training fee for each child is about 2,000 yuan per quarter," he said.

The club's coaches are former athletes from the national teams. They teach ice hockey and figure skating.

Club membership includes short- and long-term skating options. A one-year membership card is 5,888 yuan; a 15-hour card is 340 yuan.

Non-membership skating is also available. Prior to 6 pm, Monday to Friday, visitors pay 30 yuan for 90 minutes. The price increases to 40 yuan after that. Weekend rates from Friday night to Sunday are 50 yuan for 90 minutes.

All Star Skating Club

Where: VD1-36, Solana, Chaoyang Gongyuan Lu, Chaoyang District
Open: 10 am - 10 pm
Tel: 5905 6328

Simple and natural life

By He Jianwei

Simplicity and nature are the MUJI attitude. The Japanese brand opened its third shop in Beijing last November in Solana.

MUJI has expanded its product line from an initial dozen offerings to 7,000 items since its founding in 1980. Its catalog ranges from toothbrushes to automobiles and from food to electrical appliances.

Solana's shop is the second biggest of Beijing's MUJI shops, selling clothes and daily commodities. Food and cosmetics are not included in Beijing's shops. "To import food and cosmetics requires special inspection," Tad-amitsu Matsui, chairman and rep-

resentative director of MUJI, said.

"The company's designers create environmentally friendly, simple designs. They usually draw inspiration from nature," Kanai Masaaki, president of Ryohin Keikaku, said. "A drop of water may be that inspiration. The important thing is to strip away the complicated and retain the simple."

Ikko Tanaka, one of the founders, first coined the term *mujirushi ryohin* in the 1980s when the Japanese market was flooded by foreign brands. Mujirushi represents the simplicity of MUJI's packaging and manufacturing process, as well as its brand-free characteristic.

The company is powered by a



dream team of 15 full-time designers and guest designers from all around the world.

All of MUJI's paper products are made of unbleached, recycled paper that looks slightly yellowed. MUJI

Where: SMM-79, Solana Lifestyle Shopping Park, 6 Chaoyang Gongyuan Lu, Chaoyang District
Open: 10 am - 10 pm
Tel: 5905 6848

Photo provided by Solana

Bulgaria's finest rose otto

By Jackie Zhang

Karlovo, Bulgaria, also known as Bp, is a Bulgarian rose otto brand. The brand first entered China in April, and its only store on the mainland is at the Solana mall.

Bulgaria is known for having the best roses and rose otto. Its warm, wet climate and oil provide great conditions for roses to grow. Bulgaria has more kinds of roses than any other country. It is called the

Country of Roses and has a rose valley. Every year, the roses are gathered to extract rose otto for making handmade soap. It takes 2,000 to 3,000 kilograms of roses to make one kilogram of rose otto.

Liang Dong, manager of the store, said the rose series products are the best. "Rose otto soaps and perfumes are strongly recommended. Bulgarian rose otto is pure and highly concentrated. For a small bottle, the price is 4,200 yuan. But the hand-made soaps are cheaper, basically around 100 yuan."

The store has many handmade soaps in addition to its rose series. Soaps made of lavender, lemon, watermelon, milk, bee honey, pawpaw, mango and mint cost 70 to 80 yuan. "The soaps are made of essential oils and are imported directly from Bulgaria," Liang said. "The Bulgarian factory has recently been expanded to produce bath salts and bath balls. These will be imported next month."

Karlovo, Bulgaria (Bp)

Where: SM1K15, 1/F, Solana Mall, 6 Chaoyang Gongyuan Lu, Chaoyang District
Open: 10 am - 10 pm
Tel: 13581579098



Silver with Southeast Asian style

By Jackie Zhang

Silvereeyee, located on the first floor of Solana mall, impresses many people with its unique shop front and interior design, which combines silver jewelry with Southeast Asian decorations.

Its design is what draws in the customers. People can immediately sense its Southeast Asian style from the wooden front door.

In the shop, green plants, wooden walls and furniture, Buddha statues and sculptures of elephants strengthen the tropical forest. It creates a comfortable shopping environment that feels close to nature, Zhang Yige, the store manager, said.

"Our jewelry is created by designers from China and abroad. We provide new patterns regularly and all of them are made of pure 925 silver and real gems," Zhang said.

Silvereeyee opened its first store a year ago. At present, its store at Solana is the only one in Beijing.

Silvereeyee

Where: SM1-03, 1/F, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District
Open: 10 am - 10 pm
Tel: 5905 6338



Illustrations by Jiao Shu

